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HOUSEKEEPERS

AND

HOME-MAKERS.

BY

SALLIE JOY WHITE.

BOSTON:
JORDAN, MARSH & COMPANY.
1888.

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To My Mother :

**THE BEST HOUSEKEEPER AND THE DEAREST
HOME-MAKER I EVER KNEW,**

This Book is Dedicated

BY HER LOVING DAUGHTER.



PREFACE.

IN PRESENTING this modest volume to my readers, I desire, first of all, to disclaim any intention of book-making when the various chapters were written. They have all appeared in "The Boston Herald;" and it was the unexpected favor which they met from the readers of that journal, and the frequently repeated call for articles that are now out of print, that led to their being embodied in the present permanent form.

I have thought it best not to change them materially; and they stand, for the most part, just as they appeared in the columns of the newspaper. If they have a sort of freedom such as belongs to the family, it is because they were written for family use. The endeavor was, from the beginning, to give to housekeepers just such information as they most needed, particularly if they were inexperienced. If I have done this in any measure, I shall feel that my work has not been in vain.

Neither have I said all that there is to say on this topic of housekeeping. To do that were an impossible task, as the subject is inexhaustible. At best the book is but a series of hints and suggestions, out of which I hope the young house-mother may build a better

system for herself. I have touched many points in this many-sided subject, and yet there is much left untouched. I cannot let my work go without expressing my indebtedness to my mother for her careful, loving training in my younger days ; and to my devoted teacher and friend, Mrs. Mary A. Lincoln, under whose training I learned so much that has been of inestimable value to me in my housekeeping experience.

I hope the information I have been able to give will prove useful to my readers, and that the chapters, in the form in which they are now given to the world, will meet as kindly a reception as they did on their first appearance.

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HOUSEKEEPERS AND HOME-MAKERS.

CHAPTER I.

HOUSE AND HOME.

THIS might be called the age of kitchen literature and the era of theoretical housekeeping," was the remark of a gentleman recently, as he glanced over the pile of papers and magazines on his wife's reading-table.

"You might go farther," was his wife's reply, "and call it the renaissance of the domestic virtues and old-fashioned housewifery."

There is no gainsaying the fact that there is a revival of interest in household matters all over the country; that it manifests itself in every community and in every grade of society. What started it, nobody knows; how it communicates itself, nobody can tell. It goes in the air, and the atmospheric influence makes itself felt at once everywhere. Perhaps it is the swinging back of the pendulum of popular thought and opinion. A few years ago it was rather a matter of congratulation if a young woman knew little or nothing of kitchen matters. The less she knew, the more arrogantly she set herself up for a "lady." That word got so badly misused that it lost all the significance it ever possessed, and it certainly was no longer a term of distinction. Now the re-action has come, and it is considered vulgar and ill-bred not to be acquainted with the feminine employments, especially that of cooking and

housekeeping. With the newly awakened ambition set in this direction, each one, of course, wishes to do the best she can, and, above all, to know the correct way. There is even in the simplest duties a right and a wrong way, and with scarcely an exception the right way is the easiest. Many housekeepers fail, not from lack of desire to succeed, but from very ignorance. They are going blindly along, trying to feel the way, and making many a misstep. It is for such housekeepers that these papers are particularly intended, although it is hoped that they may contain something that the old and successful housekeeper will find to be new, and that she will be glad to learn. Modern science has knocked at the door of the kitchen, as well as at that of the study and laboratory, and it has taught many a truth to the ready learner. Good cooking is by no means a "happening." It comes as the result of experience. If you and I can make some one's else experience stand us in good stead, why should we not avail ourselves of it? In at least one country town that I know of, there is a fortnightly club of women called the Mistake Club. The members are all housekeepers; and once in two weeks they meet at one another's houses, and the discussions are based upon the culinary mistakes of their members. One will have failed in some point, possibly in clearing soup-stock, in bread-making, in the one hundred and one things that come up for the housekeeper to do. The rest listen to the recital, then follow it with suggestions based upon experience. Note-books are in requisition, and the members say that there isn't a meeting at which something new isn't learned. During the season they manage a course of cooking lectures from Mrs. Lincoln; and once a month they give a tea, to which the husbands are invited.

That is certainly a practical way of learning the best ways for things; and the members all say that not only is

their housekeeping improved by the new ideas they get from one another, but they have a new interest in it. It means more to them than it ever did before ; they regard it as a pleasure, rather than a stupid duty that must be done, and is to be got out of the way as easily and quickly as possible. They have a higher ideal of home ; and the consequence is, they bring it up nearer to the ideal. And isn't that a happy, helpful result? Indeed it is.

It happens naturally, where so much is written on one subject, as has been recently written on this, that there must be a good deal that is purely theoretical. I was quite struck with this in a story I read recently, which was written evidently with the idea of showing young people, who are in love with each other, but who hesitate on the brink of matrimony because of the expense, how they may live artistically and well upon a very small income. It even included in its list of expenses the newspaper, the favorite magazine, and occasional theatre or symphony-concert tickets. It read very prettily, and the summing-up was actually astonishing. But it was most misleading. A practical housekeeper, who knew the cost of every detail, sat down to do the sum ; and it footed up just about double what it did in the story, and all the luxuries were left out too. This is the difference between theory and practice. One must know absolutely what one is talking about, else what she says is of no value. Writing housekeeping articles is like making cook-books. The majority are merely compilations of receipts ; the few are genuine treatises on the art of cooking, giving the information, in regard to preparation of food, that every housekeeper requires. I believe in the old-fashioned receipt-book, the treasury of the mistress of the house, who sets down in a clear and concise fashion the various receipts that may come to her from any source outside the cooking-

books. The choicest set of rules it was ever my fortune to see put together was in one of these same books. It had been begun by the grandmother in the day of her housekeeping experience, continued by the mother, and was being added to by the daughter, who was its happy inheritor. It was a veritable treasure-house of good things, and every rule in it had been thoroughly tested. That will be true of every rule that will be given in these papers; they will be from the best authorities, and will all have been tried and proven.

It is no trivial matter, this of learning to become a good cook and housekeeper. Not only does the happiness of woman as a class depend upon it, but she holds in her hands the comfort and happiness of so many others besides. What her home is, is very largely what she makes it; and no woman in these days can afford to hold her high duty lightly. Much of the domestic infelicity begins in the careless housekeeping, and the disregard of others' comfort and welfare. The physical and moral natures are so closely joined, that no one can tell where the overlapping occurs; and physical dyspepsia is very apt to end in a spiritual dyspepsia as well, and the results are disastrous. In the first place, the woman who accepts the position of the housekeeper should always bear in mind that she has still another position, that of helper. Marriage is a partnership, in which each one has special duties. The duty of the one is to provide; of the other to use this provision wisely, and for the best good. When in the beginning God made man, and saw that his work was good, he made woman as a helpmeet for him, — not as a subordinate, but as a helper, a sharer of the burdens, whose work in life was to supplement his; and together they were to work out the salvation of the new world into which they had been placed. But my present duty is to consider only one phase of this ques-

tion, the domestic one. If a husband provides liberally and well, he has every right to expect the best use made of his provision ; and this use underlies all the question of domestic economy and thrift. Economy does not mean meanness or stinginess ; it implies the best and wisest use of the means that are given ; and since it is a question that comes into every phase of life, public and private, no one need be ashamed to practise it. As a rule, it is admitted that women are the best economists ; although, of course, there are exceptions to this, as to any rule, and that is a point there is no time to discuss now. If the housekeeper fails to do the best with her resources, and continually sets, or allows set, before her husband ill-prepared, badly-cooked, and carelessly-served food, she need not wonder at the result, which, unless a man has a strong moral nature, is invariably the same, — for the rich man, the club ; for the poor man, the beer-shop. Unsatisfied appetite must be gratified in some way ; if not at home, then away from home, amid associations that by degrees lure the man still farther away from his family, and make him almost a stranger to those who should be the nearest and dearest to him. A woman need not be a “drudge” to keep up the high ideal of domestic thrift, nor need she neglect the mental faculties because she is interested in her household labors. There is no finer housekeeper, no one more systematic in every detail of domestic work, than Lucy Stone ; and everybody recognizes what a mighty factor she has been in the advancement of all womankind. Her house is immaculate to daintiness ; and every piece of work is planned by herself. She is an expert dairywoman, and her butter would take a prize at any agricultural fair. So the truth is just here : The higher a woman’s intellectual abilities, the better will all her work in life be done, from the writing of a book, to the washing of the dishes. Brains rule in

the kitchen, as sure as in the *salon*. It is only for a woman to recognize her duty and do it, not grudgingly and slowly, but with heartiness and cheerfulness, and with such a respect for the work which she has in hand as will make her do it in the best possible way.

Those of you who have read Mrs. Whitney's charming series of stories, "We Girls," "The Other Girls," and "Real Folks," must remember how Rosamond went housekeeping in the "Horseshoe," and what a jolly time she had with all her new pantry arrangements. It was one of the most natural bits that Mrs. Whitney has ever written. I don't believe a genuine woman, with all the feminine instincts keenly alive in her, ever has more real delight than in the newness of her housekeeping things. No matter if she has literary or artistic aspirations, wants a finger in the political pie, or is professionally inclined; she hasn't a soul above shining pans, and pots that won't crock every time one touches them. A woman like this does not sink to the level of her work; she brings it up to her own high plane, and it is done better for the very fact of her doing it, or attending personally to its doing. I have told you something about Lucy Stone. There is another woman whom I want you to know about. Mrs. Ripley of Concord, before her husband had attained the position he afterwards occupied, and while he was struggling for recognition, used to help him by coaching boys for Harvard College; and I shall never forget hearing one of her pupils tell how she used to hear him recite his Greek and Latin while she rubbed out the week's washing, stopping occasionally to attend to the baby who lay in the cradle by her side.

Many New-England men, whose names you would recognize at once were I to speak them, were pupils of Mrs. Ripley in the classics; and they all do reverence to her memory, not only as a successful, well-beloved

teacher, but as a most competent and helpful house-mother, as the Germans call it in their homely, hearty speech. Everybody, too, remembers Elizabeth Carter, Dr. Johnson's friend, who could "translate a Greek ode or make a set of shirts" with equal readiness and nicety, and who was versed alike in Latin and housekeeping lore. Not that I expect all the women of the present day to discourse Greek hexameters, as they knead bread, broil steak, or make a salad-dressing; but what I do mean is just what I have insisted upon from the beginning, that housewifely duties need not be done at the expense of mental growth, but go hand in hand with it. It is as dangerous to go to the one extreme, and become the slave of the duty of which you should be the mistress, as it is to neglect that duty because you fancy that it is beneath you.

A woman owes it as much to her husband and children to be companionable and mentally helpful, as she does to simply content herself with attending to the physical needs of those by whom she is surrounded. She must keep sufficiently abreast of the times to be able to talk intelligently on the topics of the day with her husband and his guests; she must be able to answer a portion, at least, of the questions which her children bring to her. Of course she can't know every thing; and the honest, occasional "I don't know," will not lessen her in the children's eyes, if, in the main, she is able to reply to them intelligently, or to direct them to the proper channels in which to gain the information desired. Do you say that you can't do this, that you have no time to read and study? Then make some time somehow. Put a tuck or a ruffle less in the girls' gowns; do something to get at least half an hour daily for your magazine, paper, or book. If you haven't time to read the last novel, get some good review of it, that you can read in a short time; and that

will give you enough of an idea of it, so that when it is talked about you will at least know who is the author, and understand the drift of the story. One can't expect to be up in every thing, but one may know intelligently a great deal if she only goes to work in the right way. I know one woman who pins her paper or magazine up before her as she irons her clothes ; and although she cannot read as steadily as she could if she sat right down to it, yet she gets hold of many thoughts that would have escaped her if she did not pick it up in the odd minutes in this way.

Another one who is very fond of poetry, and can repeat hundreds of the finest and best poems in the language, tells me that she has learned them all while about her daily work. The third takes always what she calls her "quiet hour" daily. After the rest of the family are in bed, she sits down with her book, paper, or magazine, and reads for an hour before following her flock. She says that she gets so quieted and rested, nervously and physically, as well as strengthened mentally, that her night's rest is quiet and unbroken. She usually has her reading picked out before she sits down. Sometimes it is a leader in the daily paper, touching some public question with which she feels that she ought to familiarize herself ; sometimes it is a magazine article ; again, she has a book in hand that it is a duty to read, because it is so much talked of, and she must not show herself ignorant. All this helps a woman to keep her freshness and youth, and makes her helpful in every way, as well as attractive and lovable. You may perhaps think that all this is out of place in a housekeeping treatise, but then you must consider that the kind of housekeeping we mean in our present talks together is to be taken in its broadest and best sense of home-keeping.

I am sure you will agree with me regarding its special fitness for the place in which it has been put. It is just

here : The mental powers must not be neglected, else the house-mother will find her husband and children going ahead, while she is not simply standing still, but is going backward.

It is either progression or retrogression ; there is no such thing as remaining stationary. It must not, for the sake of herself, her home, and those nearest her, be retrogression. She will find, too, that all the additional mental capacity helps her greatly in all the work of her household ; any thing is better done for being intelligently performed, and the woman who takes hold of the duties of housekeeping without special preparation will succeed better if she has good judgment and a certain womanly sense that has been developed by mental growth. The habit of thinking things out helps one immensely in an emergency. The question of what to do may be reasoned out from the knowledge that one possesses.

I would by no means advise young women to rely solely upon general information as safe conduct to skilful house-keeping ; but the information helps, and will often serve to tide one over a hard place, when the woman who hadn't the information would simply flounder and be lost.

CHAPTER II.

ABOUT BREADS.

WHAT is the secret of good bread-making?" asks an anxious housekeeper; and then she proceeds to descant on the uncertainties of this branch of cooking, and the state of discouragement into which she has fallen in regard to it. Well, everybody who has kept house will probably remember similar discouragements, for this question of good bread has probably perplexed nearly every housekeeper at some period of her domestic experience. There are no secrets at all about the matter; or, if there are, they are such very open ones that they might as well pass for no secrets. There are several "depends," however, if you know what that means; and I'll run the risk of using the word, leaving every bright woman to define it herself. In the first place, the success of your bread depends upon the freshness and strength of your yeast, and last of all upon the care you give it both in making and in baking. And it depends upon the last fully as much as upon the first; for if you have nice flour, good yeast, and have made careful preparation, yet all will be of no use if you lessen your care when the loaves go into the oven, and allow them to dry or to burn, or if you take them from the oven before they are fully done. The "secrets," then, are good ingredients, patience, and care. And let me say just here that these secrets do not belong exclusively to bread: they are the underlying principles of all cooking, whether it be "plain" or "fancy" as the two kinds are technically called. There is really no

reason why poor bread should ever appear upon any table after one understands the methods of making, and when care is taken to provide the best flour; it is culpable except in case of accident, or some untoward circumstance absolutely beyond control, to set bad bread before a household. The greater part of bread in common use is made of wheat, although this is varied by the use of rye flour and Indian meal. Even these are improved when there is a mixture of wheat. You have perhaps noticed that when you use rye alone, the bread is moist and sticky, with a close grain that makes it seem heavy; while when Indian is used alone, the bread is too dry and crumbly to be palatable. But mix a little flour to either, using it in the proportion either of one-half or one-third, and you will find these qualities much moderated, and the result decidedly more pleasant and favorable. No other grain possesses gluten in such admirable proportions as wheat, and consequently has the property of making such light, spongy bread. The proportion of gluten varies in different kinds of wheat from eleven to fifteen per cent; the more glutinous wheat makes the best flour. In bread-making it has been found by rigid experimenting that the Minnesota or patent-process flour makes the whitest, finest-grained, and most delicate bread. By the process to which the wheat is subjected in the preparation of the flour, the largest possible proportion of gluten is retained. There are several brands of this patent-process flour in the market, and all of them are equally good. There is one piece of advice I would like to give just here, for the benefit of that class—found among housekeepers as well as elsewhere—that have never learned “to let well enough alone.” When you have found a thoroughly good brand of flour, one that works well and is always sure, stick to it, and don’t go to experimenting with another. You get accustomed to a certain brand of flour, and you know just

what its properties are, and exactly how to use it; the results are in the main satisfactory; now, why not be content, and not go searching for something else? Of course, when something really better is offered, why, that is time enough to make the change or to experiment if change be desirable. To the young housekeeper who has not yet learned what is the best, I would give a few tests that may assist her in her selection. In the first place, she should look at the color of the flour; it should not be chalk white, but a delicate cream tint. It should not feel clammy or sticky to the touch, but should hold together in a mass when squeezed by the hand, and retain the impression of the fingers for some time. It makes an elastic dough, easy to be kneaded, which will stay in a round, puffy mass, while dough from poor flour will flatten and be sticky to the end, no matter how much flour you use. Never buy doubtful flour. Get a small quantity of a kind that seems to you good; and if you find it is what you thought, you may then venture on the purchase of a larger quantity. How much you shall buy at once, depends upon the size of your family. It is estimated that one barrel of flour will last one person a year; this will give you a rule of proportion by which to buy. If the family is small, only two or three, the barrel of flour will last for some time, and should be kept in a cool, dry place. St. Louis flour, which is used for cake and pastry, should be bought by the bag, as much less is required than for bread-making.

And now for the yeast. In the country, when it is not easy to obtain the Fleischmann's compressed yeast perfectly fresh, the best way is to make your own yeast, renewing it when it is nearly gone. In this way you have a ready supply always on hand. I, for my part, prefer yeast made from raw potatoes, rather than those that are cooked, as it keeps better.

Cooked potatoes, used in yeast, are very much more likely to turn the yeast sour than raw potatoes. As you know, all vegetables will spoil much more quickly after having been cooked. That is why I so strongly recommend the yeast that is made from uncooked potatoes. Hops may or may not be used, but the yeast is whiter without the hops. Many housekeepers think that the color of the yeast makes no difference with the bread; but I always prefer to be on the safe side, so leave out the hops altogether. A good and reliable POTATO YEAST is made by the following rule: Three raw potatoes, a quarter of a cup of sugar, a quarter of a cup of flour, one tablespoonful of salt, from one to two quarts of boiling water, and one cup of yeast. When you begin to make yeast, always be sure that you have plenty of fresh boiling water in your teakettle. Select potatoes of a medium, uniform size; pare them, and put them at once into cold water, keeping them well covered. If you do not take this precaution, the potatoes will turn dark from exposure to the air, and will discolor the yeast, and that you wish to guard against most carefully. Mix the flour, sugar, and salt in a large earthen bowl, — one of yellow ware with a lip, such as is used in cake-making, is the most convenient, — grate the potatoes as rapidly as is possible, not stopping to grate every scrap; mix them immediately with the flour and sugar, so that they may not discolor, using a wooden or a silver spoon, as iron or plated metal tends also to darken the potato. Pour the boiling water directly from the teakettle over the grater, and rinse off the potato into the bowl, using perhaps a pint of water at first. Mix the water thoroughly with the potato and other ingredients, and then add slowly enough more of the boiling water to make it the consistency of starch. The amount of water will depend upon the quality of the flour and potatoes. Some kinds thicken more rapidly than others,

and less water is required. Old potatoes also thicken more rapidly than new ones. This is probably due to the lessening of the amount of water and the development of the starch cells. If you find any difficulty in making it thicken, pour the mixture into a double boiler, or into a tin pail, which you can set into a kettle of boiling water, and let it come to a boiling point, stirring well to keep it from sticking; strain it through a sieve or squash-strainer into the earthen bowl in which it was mixed, and let it cool. When it is lukewarm all the way through, add the yeast, and set it in a warm place to rise, — the place should not be hot but warm, — cover it slightly, and when it begins to rise beat it several times, as this makes it stronger. When it is light and well covered with white foam, pour it into wide-mouthed glass or earthen jars. The next morning cover it lightly, and keep in a cool place. It is well to reserve a cupful, putting it into a small glass jar to keep unopened for the next yeast-making. Don't fill your jars more than two-thirds full, as the constant fermentation will tend to burst the bottles if they are nearly or quite full. The yeast should be well shaken before using; and it is better always to take a cup to the closet for the yeast than to bring the jar into the warmer temperature of the kitchen. It will keep for two weeks, and in winter for a longer time; and it makes delicious bread. It is not a difficult matter to make it, and it repays the care. If you have a predilection for hops, you may steep a quarter of a cup of loose hops in a quart of water, and strain it over the potato and flour, in every other way making the yeast like the above receipt.

Did the yeast rise? It certainly ought to have done so, made by the rule, which is as nearly infallible as any rule can be. At any event, we will suppose it did; and now for the bread-making. There seem to be as many opin-

ions regarding good bread as there are persons who make it; but I will give you my definition of it, and see how many of you agree with me. Good bread should be fine in texture, small, close-grained, not coarse-grained and porous, and moist and tender in the inside, with a thin, even crust, browned to a rich golden color, but never a darker brown. It should cut in nice, smooth slices without crumbling. Such bread is delicious when fresh, and when stale makes the nicest toast. Bread may be mixed either with water or milk, but it is decidedly whiter and nicer in every way when milk is used. Of course, in the city and some of the large towns where milk is not attainable, water is used and with good results. More flour is needed when the bread is mixed with water. I confess I cannot explain the philosophy of this, but I have tested the fact by several experiments. The general rule for proportions is one scant measure of the liquid, in which the yeast is included, to three full measures of flour. Experience will be the best criterion; and for those who have not as yet attained that point, it might be set down as a rule for mixing, that the dough should be mixed just as soft as it can be handled without a possibility of sticking. If it is too stiff with flour, the loaf will be hard and dry. Milk bread requires no shortening, the milk itself contains all the elements needed; but water bread is made more tender by shortening, and is therefore rendered easier of digestion. Hard, heavy bread is dyspeptic bread, and is as harmful in its results as the rich foods that are inveighed against so emphatically. Any thing that gives the digestive organs hard work, tiring them so that they are not easily rested, is harmful; and nothing tires them much more than heavy bread.

I know there is in many well-ordered minds a prejudice against fats of any kind; but really, the proportion which one person would receive from one tablespoonful of but-

ter, lard, or dripping, in two loaves of bread, would not harm the most delicate stomach, even if its owner were as susceptible as Hans Andersen's princess, whose sleep was disturbed by one pea under twenty feather beds. Too much shortening clogs the bread, but the proper proportion tends to soften and lighten it. In regard to which of the three kinds of shortening shall be used, I leave that to your individual preference; merely telling you that the butter tastes best (if it is good butter), drippings are the cheapest, and lard makes the whitest bread. When you use milk it should be boiled (not merely scalded) before using, then set aside to cool, and the bread mixed when the milk is lukewarm throughout. The reason for boiling the milk is that it may not turn sour. I often find it difficult to make servant-girls understand this. They fancy that simple heating will suffice, and they sometimes have to undergo quite severe experiences before they learn the proper way. Always mix your bread in an earthen bowl: wooden bowls are not so easily kept clean and sweet; and tinware, being a good conductor of heat, allows the warmth to escape from the mass of dough, so that it does not rise so quickly. In regard to the kneading, it has always been considered orthodox to knead the bread thoroughly; but Concord, which upsets so many notions, has begun to overturn this old-time tradition. Many of the philosophers who make annual pilgrimages to that quaint old town of history remember the pleasure with which they turned from the discussion of German transcendentalism to Mrs. Brooks's bread. This bread is *sui generis*, and, so far as I know, exists only in Concord. It is so delicious, and so easily made, that I have asked Mrs. Brooks for the rule, which I give for your benefit. Use one quart of milk; lard the size of an egg, or, what is its equivalent in actual measurement, a rounded tablespoonful; two quarts of flour, one

of them even, the other a heaping quart; one-half a cake of compressed yeast, a heaping teaspoonful of salt, and an even teaspoonful of white sugar. Dissolve the yeast, salt, and sugar in a very little cold water, just as little as possible; scald the lard in the milk, and when cool add to the yeast, and stir in the flour to make a rather stiff dough, but do not knead. Let it rise over night; in the morning, the very first thing, stir it down, and when it is risen again do not knead, but shake the flour on to the board, take out the dough, and work in the hands just to make it smooth and free from flour; put into the pans to rise again, and bake from thirty to forty minutes, according to the size of the loaves, having the oven very quick when the bread is first put in. "I think," says Mrs. Brooks, in giving the rule, "that as much depends upon the baking as the making of bread, and it should never be made or put to rise in tin. I always feel," she says, "as though I ought to go with the rule to explain it." I will confess I have not yet had the courage to try this rule for myself, for my memory of that blessed Concord bread is so delightful that I haven't had courage to break the memory by a possible failure. But if some of you who do try will let me know what success you have, I may possibly be induced to undertake it one day. Somebody named this "philosopher's bread." I called "MRS. BROOKS'S CONCORD BREAD." You can take whichever name pleases you.

Now for the other breads,—the breads that must be kneaded in order to be tender. Take first the MILK BREAD. The proportions are as follows: One quart of milk boiled and cooled; one tablespoonful granulated sugar; one teaspoonful of salt; one half a cup of yeast, or half a yeast-cake dissolved in half a cup of lukewarm water; and flour to make a dough that can easily be kneaded. Measure the milk; add the sugar, salt, and yeast, when the milk is

lukewarm ; stir in the flour, adding the last portions very gradually, so that the dough may not be too stiff ; use only flour enough to knead it ; when it is well mixed, sprinkle the board well with flour, and leave a little in the corner to lay your hands upon. Scrape the dough from the bowl, and toss it over with the knife that it may be well floured. Flour the hands, then with the finger-tips draw the dough farthest from you up toward the centre, letting the ball of the hand meet the dough and press down again ; continue this process until the dough is smooth, elastic, and fine-grained ; if it sticks to the board, take it up quickly, and scrape the dough from the board before flouring, in order that the bread may be kept clean. Use only the tips of the fingers and the ball of the hand, press lightly, and do not pierce the smooth crust that soon forms under proper kneading. Flour both the board and hands often, but only slightly. Use as little flour as possible in kneading, for all that is added to the dough tends to make the bread hard. After a little experience you will be surprised how little flour is required for smooth and effective kneading. There is no better exercise for the chest and arms than this ; and mothers who have young daughters growing up with flat chests, rounded shoulders, and flabby muscles, are advised to put them to bread-making. The exercise is not violent ; it is gentle, and at the same time it brings into play the muscles most needed to be developed.

Now for the WATER BREAD, which I make after Mrs. Lincoln's directions. Use two quarts of sifted flour, one teaspoonful of salt, one tablespoonful of sugar, one tablespoonful of shortening, — the kind you will use may depend upon yourself, as I said before, — one-half a cup of yeast, one pint of lukewarm water. Sift the flour, and fill the measure lightly, not heaping or shaken down. Turn it into a large bowl holding about four quarts. Reserve

one cup of flour to add at the last, if needed, and to use on the board. Mix the salt and sugar with the flour; rub in the shortening until fine like meal. Mix the yeast with the water. Pour the liquid mixture into the centre of the flour, mixing it well with a broad knife or a strong spoon. If it be too soft to be handled easily, add a little of the reserved cup of flour. If too stiff, add more water. Knead it half an hour, as water bread requires more kneading than milk bread. Cover, and let it rise until it doubles its bulk. Dough should begin to rise at a temperature of about seventy-five degrees; but after fermentation sets in, the temperature can be lowered without harm, although it should not fall below forty-five degrees. In the morning it should be cut down, to check fermentation and reduce bulk. It will rise again quickly; then knead, shape into loaves, and, after rising in the pans, bake. The oven should be hot enough to brown a teaspoonful of flour in five minutes, and the heat should be greater at the bottom than at the top of the oven, and of sufficient strength to last through the baking, about one hour, without replenishing. Bake the loaves a brown, not black or whitey brown, but brown all over. To do this, the heat of the oven should increase during the first fifteen minutes, remain steady the next fifteen or twenty, and slowly decrease towards the last.

For those who like hygienic food, I will give here the rule for "DR. TRALL'S PERFECT BREAD." Some of you may not know that Dr. Trall was, for a long time, the apostle of "plain living;" and that although he did carry his notions to the extreme, as any early advocates of a movement are pretty sure to do, yet he did have a very good influence on the American people in regard to better and more careful preparation of food. This "perfect bread" is nothing more nor less than the hard Graham rolls which are used by hygienists. It is perfectly health-

ful, and is highly relished by those who have become accustomed to it, whose appetites are healthful and natural, and who require or crave "no spice but hunger." It is made by simply mixing cold water, the colder the better, with good Graham or whole-wheat flour, until it becomes a moderately stiff dough; and kneading it, or pounding it, like the Southern beaten biscuit, until it becomes smooth and elastic to the touch, and brittle if pulled. If the dough is too stiff, the rolls will be dry and hard; if too soft, they will be wet and clammy. It will require, perhaps, two-thirds of a pint of water to mix a quart of flour, although the quantity will vary according to the grade of flour. The dough is formed into little biscuits about three inches long and three-quarters of an inch wide. Make out the panful quickly, setting them a little apart; prick them with a fork, and bake in a rather quick oven. When done, they should not yield to the pressure of the finger. These rolls are better baked fresh, although, if any are left over from the day before, they are most excellent when warmed over as follows: Break — do not cut — each roll into two pieces, drop them into cold water, and, when soaked, place them in a bread-pan in a brisk oven, which will crisp without shrivelling them. As soon as they are stiff and lightly crisped, they are done.

A fine GRAHAM BREAD is made by the following rule. Out of the many I have tried, this is the one that I have chosen as a bread to use commonly; and so pleased are we all with the result, that I have done trying experiments with new rules. Take one pint of white, light bread-dough, and thin it with a pint of warm water; add two tablespoonfuls of molasses, a teaspoonful of salt, and enough Graham or whole-wheat flour to make a stiff batter that can be stirred with a spoon; put it in well-buttered pans, set it in a warm place to rise, and when it is light bake it. It requires longer baking than white bread, and

the pans require more butter to prevent the bread from sticking. This makes a light, sweet, moist bread, with a fine even grain, and it is perfectly delicious. It is over and above any other Graham bread I have ever tried, and its best test is that it is well liked even by persons who do not usually eat coarse bread of any kind.

GLUTEN BREAD, for persons with any settled kidney-trouble, is made in this way. Use a quarter of a cake of compressed yeast, one and one-half cupfuls of warm water or warm new milk, and four cups of gluten. Dissolve the yeast in the water or milk, and stir in the gluten, leaving one-half a cupful to mould it with. When it is well mixed, knead it until you can shape it into a loaf. Put it in a medium-sized bread-pan, and let it rise until it is moderately light. Bake in a rather quick oven. Still another way is to use a scant quarter of a cake of compressed yeast, one cupful of warm water, with a heaping teaspoonful of butter and two and a half cupfuls of whole-wheat gluten. Dissolve both the yeast and the butter in the water, stir in the gluten, and mix thoroughly. Cover closely, and let it rise over night in a moderately warm room. Mould in the morning just enough to make into loaves, using as little gluten as possible. Put into a pan which it will rather more than half fill, let it rise until it begins to crack open, and bake for half an hour.

CHAPTER III.

FOR HUSBAND AS WELL AS FOR WIFE.

THIS is rather a chapter of suggestions than of general information ; and, as it is for both of the partners in the household, I sincerely hope both will read it, and that it may have the effect intended on the bread-winner as well as the house-mother. Sometimes little hitches in household affairs arise rather from misunderstanding, than because there is any reason. That is why all house-keeping should be founded on a basis of absolute understanding, as any other business is founded. And it is a very serious business this, where the happiness of one lies in the hands of the other, and where it is a lifelong partnership that has been formed, with promises that are sacred on both sides.

In nothing does a jar come so easily as in a failure to understand the business part that underlies the home system. Perhaps all of you keep household expense books, and know just how much it costs you every week or month to live. If not, I would suggest that you do so. You do not know how much of a help it would be : you could then plan with accuracy ; you could tell where you might curtail expenses if it were necessary to exercise greater economy ; you would know where you could indulge in the cherished bit of extravagance. Sometimes an item from your book will rise up and confront you like an avenging conscience, but all that is good for you. Having erred once, you will know how to avoid the

mistake again ; and, what is more satisfactory than every thing else, you will know just where you stand, and what is your financial attitude towards the world with which you deal.

It seems to me, that, as far as possible, the housekeeper should always do the general buying for the family, since she best knows the needs and understands the quantities that should be bought of every article required for house-keeping ; and, besides, the husband is so busy with other matters relating to his business or his labor, that he is glad to be spared the trouble of having the butcher and the grocer to attend to. He believes usually that all these details belong to the wife, and gladly leaves them in her hands. Of course the amounts that one should buy always depend upon the size of the family to be provided for. It is nonsense for a small family to buy as much as the one of larger size. Only experience can teach the buyer how much she should purchase at a time. A few weeks of supplying family stores would soon make her an adept ; and she can calculate with almost absolute certainty how much she will want of such an article for the week or the month's supply. How she buys, whether for the week or the month, must depend upon the family income. If the husband receives this every week, supplies should be bought for that length of time. If by the month, then purchases should be made to last, as nearly as possible, until the next pay-day comes. This, of course, refers to the groceries, and not to the meats and vegetables. If the wife does the buying, she should have placed in her hands at the beginning of the week or the month the sum of money that has been decided upon for this expenditure. No man need fear to trust this to his wife, for the very responsibility will make her more careful and more exact. Pecuniary trouble comes most often to families where the husband treats his wife like a child,

and does not allow her to have the money herself to make the necessary purchases. One finds in training children that nothing develops the judgment or the moral sense so quickly and so surely as giving the child some responsible task, some care for which it should be answerable. So give the housekeeper the money in her hand to do with, letting her fully understand and appreciate the fact that it is the utmost that the family income will allow, and in ninety-nine cases out of a hundred the domestic affairs will be judiciously and wisely administered by this household minister of finance. Winning an income is by no means the most difficult thing; it is making the income do the necessary providing for the family, that requires the most thoughtful care and the most wise prudence. As a rule, women are good managers; they know how to make the most out of the least; and, with very few exceptions, wives will enter fully into sympathy with their husbands' financial position, and help royally in the work of making "the buckle meet the strap."

I strongly advocate the "money in hand" principle. It is very convenient, without doubt, to have a "book" with the grocer or provision-man; but it is the worst possible economy. There is always the temptation to get the little delicacy that can be done without, and would be if one paid the money outright. It seems so little; but when the end of the month comes, and the many littles are aggregated, the result is apt to be disheartening and discouraging. So to the husband I would say, Frown upon the "book" business, and give your wife the money to pay for things as she gets them, and you will then have no bugbear in the shape of bills. One can always buy better with money in the hand; there is a chance to take advantage of the markets, and so save something; and we all of us know that the "penny saved" is as good as the "penny earned," even if it isn't the same penny. Too

much stress cannot be laid upon the belief that the husband and wife should work cordially together for the good of the family, and for the united interests of all. The husband should not be a grudging provider, and the wife should not allow herself to be lax and careless with means placed at her disposal. After all, as I said in the beginning of the chapter, what is marriage but a partnership, in which both parties have an equal interest and take an equal risk? It is hallowed, or should be, beyond all other partnerships, and is both a sacred and holy trust, not to be lightly regarded or easily relinquished, but to be guarded jealously by both, and made the source of mutual happiness and beneficence.

In the natural division of labor in this divine partnership, the man is the bread-winner, the woman the house-keeper and care-taker. Each duty is sacred, and it is through this mutual interdependence that true happiness is gained for both. Any idea of family life that does not recognize this is a false one, and will, if followed, bring discord where there should be perfect harmony.

Now, having discussed the question who shall buy the household supplies, let us consider a little what shall be bought, taking particularly the meats. A few suggestions on this point may not come amiss, especially to young and inexperienced housekeepers.

Meat is, of course, in season all the year, but there are times when one kind is better than another. Mutton and beef are good all the year round, and these may be called the standard meats, although not nearly so much meat of any kind is eaten in the summer as in the winter. It is too stimulating and heating, so fish is more eaten; and when meat is served it is not in such large quantities, and is accompanied by fresh vegetables and salads. Pork is only good in autumn and winter; and it never should be eaten much, and only bought when you can be sure of

the manner in which it was raised. Veal is in season in the spring and summer, and should be eaten sparingly always. Lamb is best in summer and autumn, fowl and game in autumn and winter. With this general fund of information to start on, the purchaser has something at least to indicate to her the direction her purchases shall take. If she can keep herself informed of the ruling prices, it is well, for then she will be less likely to be imposed upon ; and she should also learn just what cuts are needed for each way of preparing the meat she intends to serve to her family. Neither should she think that she cannot use any except the most expensive pieces of meat, and that she must always have the roast, the steak, or the chop, and that there is nothing else will suit her fastidious family.

There are many dishes that may be made from the less expensive parts of the meat, that are appetizing and nourishing, and can share honors fairly with the roast and steaks. It is quite a fashion among some people, to decry what they call "made" dishes ; but they are usually those who have had unpleasant experiences from undertaking to eat such dishes prepared by unskilful or careless cooks. When a dish of this kind is nicely prepared, well seasoned, and properly cooked, it is pretty sure to be well liked by those who partake of it. The same holds true of *rechauffé* or warmed-over dishes ; they may be either made or marred in the preparation, and their success or non-success depends upon the cook. A piece of beef cut from the cheaper parts may be braised, or baked slowly in a covered dish, and basted with its own juices, and come out almost as nice as a rump or sirloin roast. The flavor will be different in the case of the braising, but in the steam-roasting it will not be so unlike ; but, as all the juices are retained, there will be a stronger flavor of the beef, more like that which is got from the extract of beef. From this very fact, it will be at once understood

that this meat is more nourishing than the other kind, where the juices are allowed to escape, or rather where they escape in spite of every care; and for the person who requires nourishing and strengthening food, this meat is better than the expensive roast. The long cooking makes the fibre tender, and the very heart and essence is kept in it, since the juices are all retained.

It is well to remember this; for if one has to cater for persons who have out-of-door employment, which demands an outlay of physical strength, the most nourishing food is required, which shall act in a measure as a stimulant, while it strengthens and refreshes. There will be more to say about the made-over dishes, later.

CHAPTER IV.

CEREALS AND HEALTH FOODS.

THE use of cereals as a food, not only for invalids, but for persons in robust health, has become so universal that very few breakfast-tables are now without their dish of oatmeal, cracked wheat, hominy, or granulated barley. Indeed, some form of wheat or Indian corn is considered as essential a part of the meal as the meat which usually follows it. Probably many persons have used them rather because somebody else does, and it is consequently "the thing," than from any sanitary reason; but, since the result is gained, where would be the sense of inquiring into the motive? On many tables rice and barley are used as a vegetable, especially in the spring, in the place of old potatoes, which are considered to lack in nutritious and healthful properties. Many physicians deplore the constant use of potatoes, and urge these cereals and macaroni in their stead. But when doctors disagree, the only decision that can be arrived at is an individual one; and every person knows best whether she can take potatoes without injury after they have been over six months in the cellar.

Many persons who would like to eat the cereals refrain because they are not properly cooked. They are either underdone, when they are unpalatable and indigestible, or they are so overdone that they are mushy and pasty, and as unpalatable as when they are not sufficiently cooked, although they are not so difficult of digestion.

The truth is, most cooks regard the preparation of cereals as too simple a matter to give much thought to. It comes in the same category as boiling potatoes; every one thinks she can do it, and very few take the pains to do it properly.

There is a right way to do these simple things, as well as a wrong way, and it does make a difference how they are done. Cereals should always, except in very rare cases, be cooked in a double boiler by the action of steam, and not by the direct heat of the fire. In this way, and this only, there is no danger of the food scorching. Watch the boiler containing the hot water, into which the other boiler containing the grain is set, to see that it does not boil dry, and so melt the inner dish. This may seem a superfluous piece of advice; but when the housekeeper has seen as many double boilers melt away under the hands of careless or unskilful servants as the writer has, she will acknowledge that this precaution is not given without weighty reasons. The grain should be cooked until tender, yet each kernel should be whole. It is not a difficult matter to manage when once it is understood.

In regard to the various kinds of grains that are used for food, and their fitness for special cases, I must ask Mrs. Lincoln's pardon for quoting her, as she is the best authority I know. She has made a special study of the subject; and, like all her pupils, I feel there is no one better qualified to speak than she. She says oatmeal is highly nutritious, being richer in nitrogen than any other grain; but, as it does not contain a tough, adhesive gluten like wheat, it is not easily made into fermented bread. It is rich in food for muscle and brain, useful for children and laboring people, but irritating to many people whose digestive organs are weak. Groats are oats from which the outer husk and inner flinty cuticle are removed.

In cooking oatmeal you should allow one cup of oatmeal and one teaspoonful of salt to a scant quart of boiling water. Put the meal and salt in the top of the double boiler, and add the boiling water. Place the upper boiler on the stove, and boil rapidly eight or ten minutes, stirring occasionally with a fork. Then place it over the hot water, and cook until tender, which will be from two to three hours. Remove the cover just before serving, and stir with a fork to let the steam escape, to dry it off. It is very nice served with baked apples and sugar and cream.

A new preparation of oatmeal is called "Avena." It is steamed before being packed, and consequently takes a much less time to cook. It is delicate in flavor, even surpassing the ordinary oatmeal in deliciousness. As for its nourishing properties, I am not prepared to speak; but so far as I can see, having used it constantly for six months, there is no difference between it and the unsteamed meal. It will cook in from fifteen minutes to half an hour. Use a large tablespoonful of meal, and a scant half teaspoonful of salt, to a cup of cold water. Pour the water over the meal and salt, set it in the double boiler, and as it heats stir it carefully with a fork; when the meal absorbs the water, it will be found ready for use.

The best oatmeal to be obtained is the imported Irish oatmeal, although it is quite difficult to get. It is more palatable than the Scotch or American, the grain is larger, and there is a better flavor. If grocers would generally keep it, as well as the other brands, they would undoubtedly have plenty of calls for it. The best grain preparations are without much question those prepared by the Health Food Company. Formerly, in the preparation of Graham flour and cracked wheat, although the full nutriment of the grain was preserved, the hull, a woody,

fibrous skin, was retained, and this proved irritating to delicate stomachs.

The Health Foods, as they have come to be understood, are the new methods of preparing cereals used by the Health Food Company of New York, and introduced by them. These methods have produced the most gratifying results, and the foods are of inestimable value to the invalid. Indeed, they constitute a pleasant and wholesome diet for any one. Their use tends to preserve health, and preservation is far pleasanter than restoration. Indeed, these foods might be called "the ounce of prevention" that oftentimes renders "the pound of cure" quite unnecessary. The manufacture of foods after methods based solely on the most careful scientific investigation is of great value, especially when the foods thus prepared are specially adapted to the needs of different individuals and diseases; for instance, foods for the excessively lean or equally corpulent, for infants, for diabetics and dyspeptics, and for persons generally debilitated, where serviceable treatment must be chiefly dietetic.

Heretofore in the treatment of diabetes, where the patient is obliged to eschew all foods containing starch or sugar, thereby depriving him of bread and all grain preparations, the physician has had much embarrassment. The "diabetic food," consisting of gluten, is commended as nutritious and very digestible, and a great boon to these sufferers.

The Health Foods include, beside the glutens, and the flour with its full richness of gluten, coarser preparations of the cereals, such as granulated wheat, oats, barley, corn, etc., with the silicious skin removed. The difference between the whole-wheat and other flours has been given, so there is no necessity of dwelling upon it here, only to quote what a physician who has made nutritive

foods his special study has said of the two kinds: "The intelligent farmer knows how to feed his land, his horses, his cattle, and his pigs, but not how to feed his children. The fine flour, containing neither food for brain nor muscle, he gives to the latter; while the whole grain, or the bran and the coarser part, which contains food for brain and muscle, he gives to his pigs."

Some of these preparations which may be commended as deserving are the cold-blast whole-wheat flour, which has been described as containing the full nutrition of the grain; pearled wheat, which is the whole grains of the best wheat merely denuded of their bran coats; the coarse granulated wheat, which takes the place of ordinary cracked wheat; fine granulated wheat, which takes the place of Graham flour; the white wheat gluten, which is less objectionable than the French gluten, having more flavor; granulated barley, pearled oats, and oat flour.

One of the simplest and best methods of using the Health Foods is as plain mush and milk, or as mush served with cream and sugar, with which it is more generally eaten than in the simpler form referred to.

For children, and for weak, delicate persons, they can, indeed, be served in no better form. The growing habit of using these healthful dishes at least once a day in many families makes it necessary that the proper method of cooking these nutritious and palatable foods should be known to all. There is a right and a wrong way for doing even so simple a thing as making mush; and, as is often the case, the wrong way is generally preferred. The first requisite is a double boiler; one of porcelain is much preferable to the tin one.

I wish to emphasize here what I have already said; that is, that no grain preparation should be cooked by the direct heat of the fire. There is always a danger that it will adhere to the cooking-kettle, and become scorched

and unpalatable, as everybody will agree that there is nothing pleasant in a smoky or scorched flavor to any food.

There are people who have the idea, — some of them are quite firmly possessed by it, — that all that is necessary is to have an open kettle, or, worse still, a frying-pan, in which to cook these foods, and a spoon with which to stir them madly until they are cooked. Now, Health Food, indeed any cereal food, should not be stirred. This is a rule which should be written in indelible characters on the cook's mind, and it should never be disregarded. It is a difficult task, oftentimes, to make the person who has always cooked in the other way believe in the efficacy of this; but when once they are convinced, they will never return to their former idols, the spoon and frying-pan.

After the cereal is thoroughly mixed with the water in which it is to be cooked, and in which the salt should be first dissolved, do not lift the cover until it is done. All the attention needed is to watch the outer kettle, and see that the water is not allowed to boil out from that. It is provoking to see these dishes spoiled by bad cooking, when one knows so well how nice they are when properly cared for, and with no more trouble.

These foods are equally palatable after being cooked one day. Indeed, where they are to be served for breakfast, they are often cooked the day before, to insure being thoroughly done; as unless one rises very early, or breakfasts very late, it is impossible to cook them properly in the morning.

If cooked in tin, it must not be allowed to stand, but should be poured into a dish when done; it is better to use a deep nappy or bowl; an earthen mould is also convenient. In the morning place the dish, carefully covered, into a pan of hot water, and let it stand in this on

the stove until it is well warmed through. It will be as nice as if it were freshly cooked, and will turn out like a mould of blancmange. If it is cooked in a porcelain boiler, it may stand in it over night, then be re-heated in it before it is turned out. It will need no more water, no stirring, nothing but a heating.

To make the pearled wheat mush, you will use one cupful of pearled wheat, a teaspoonful of salt, and five cupfuls of warm water; cook slowly and steadily for six hours, remembering that it is almost impossible to cook these wheat preparations too much. Serve with cream and sugar.

If to be eaten the same day it is cooked, a nice way of serving is to turn the mush into cups or small moulds about twenty or thirty minutes before carrying to the table. The moulds or cups should be dipped in cold water before the mush is turned into them.

There should be as much accuracy of management in the preparation of these foods as of any cooking mixture, and there should be a uniform standard of measurement for all to use. A cup should mean a half-pint, and the measuring cup should be sure to hold just that amount. It should be even full, and not rounded or scant, unless so directed by the rule, which should always be accurately given. The same is true of the "spoonful," whether tea or table: it means the spoon just even full. So much for that; but do not pass it by as unimportant. On your carefulness in measurement depends the successful cooking of your cereals and health foods.

Flat wheat is the pearled wheat flattened to flakes, and so thin that it dissolves quickly in boiling water, and is thus made ready for the table much more quickly than the "cracked," "crushed," or rolled wheats. Like all whole-wheat products, it is very nourishing; and being an uncooked food, containing all its strength-giving vege-

table albumen, and lacking the woody outer coats, it is readily digested by the most delicate stomachs.

To make the flat-wheat mush, use four cupfuls of water, in which a scant teaspoonful of salt has been dissolved, and a cup heaping full of flat wheat. Boil three or four hours. If served the day it is cooked, it may be poured in moulds for a short time. Serve always with cream and sugar. If it is cooked the day before it is eaten, it may be cut into smooth slices after it has been re-heated, and makes a very appetizing appearance as it is served.

A quick mush may be made from granulated wheat in the following manner: Salt one quart of boiling water to taste; while the water is boiling rapidly, shake the wheat into it very slowly, beating with a silver fork constantly until the mush is sufficiently thick, and entirely free from lumps. Cook ten minutes after it is sufficiently beaten, and serve immediately. Mush from crude gluten and from granulated rye is also made in this manner.

The old-time cracked wheat is still used very largely, especially by those persons who have not adopted the "Health Foods." The best receipt in use for cooking this wheat is the one that is given by Mrs. Henderson in her "Diet for the Sick." It is a most important receipt for the invalid, or, indeed, for any one. It supplies a dish very palatable, and, although light and wholesome enough for the most delicate stomach, it is as hearty in the richness and fulness of its nourishing qualities as a full meal of meat and vegetables. It is well to ask at the groceries for cracked wheat double milled, if you would avoid the silicious fibre which encircles the grain, and which is unwholesome for those with delicate stomachs. The ingredients are one-half cupful of cracked wheat, two and a half cupfuls of water, two and a half cupfuls of milk, one-half a teaspoonful of salt. Salt the water, and when it comes to a boil add the grits, and let

it simmer, without cover, on the top of the range for an hour. The water will then be almost evaporated; have the milk hot, add it to the wheat, and let it cook an hour longer. Stir it occasionally to keep the wheat from attaching at the bottom, and also to mingle evenly the grain with the liquid. A porcelain saucepan or earthen dish is preferable for cooking this dish, on account of less danger from burning. For once a double boiler is not so desirable, as the steam puffing through the grains will bring out their flavor. There will be no danger of burning, if it is not cooked too fast. The milk used should be perfectly fresh and sweet, or the mixture will curdle. When done, stir it carefully, as it will be thin, and the grains will be liable to sink; and pour it into cups that have been previously wet with cold water, filling the cups about three-fourths full. Set them one side to become cold and solid. Do not remove from the moulds until you are ready to serve them, then send to the table with cream and sugar.

A favorite dish with the Health Foods devotees is the white granulated corn mush. It is so palatable and delicate that it is greatly liked; but it should be avoided by all persons of excessive flesh, as it is a great flesh producer, and it is recommended by physicians to lean persons who wish to become stouter. Use one cupful of granulated corn, and four cups of hot water in which a teaspoonful of salt has been dissolved. Put the salt and water into the boiler, stir in the corn, and place it in the outer kettle, in which the water should be boiling. Cover closely, and cook three hours and a half. This mush is most excellent served in place of potatoes as a vegetable, and is very much more wholesome than rice, which is used in this way. It is also very nice served with sugar and cream. When it is cold, it may be sliced, dipped in beaten egg, sprinkled with crude gluten, and

browned in a frying-pan, using a little butter for the purpose. The pearled corn meal is similarly used, and the same general facts are true regarding it. Put three cupfuls of boiling water into the inner dish of the double boiler, mix one cupful of pearled corn meal with one cupful of warm water, add a teaspoonful of salt, and stir into the boiler. Cover, and cook steadily for five hours. This is delicious eaten with cream and a little salt, or it may be served with milk alone, or with cream and sugar.

Barley as a food is not properly appreciated, by any means. It compares well with wheat in nutritive elements, but it does not form bread. It is, however, used for making cakes which are valuable for persons inclined to constipation, containing as it does more of farinaceous carbon, which is the natural stimulant of the bowels. Barley is peculiar also for its richness in phosphates, having more than twice the amount contained in wheat, and therefore might be made useful to literary men of sedentary habits, adapted as it is to promote both the action of the brain and the bowels. The pearl barley ordinarily used in soups is a grain that does not dissolve in the cooking process, and is quite unfit to be used in the sickroom. But the "Health Food" granulated barley dissolves as easily as rice. It is a valuable preparation, and it can be used to great advantage in a variety of puddings, also in pancakes, gruel, thickening for soups, and blancmange. For a mush of the granulated barley, use one quart of new milk, a scant teaspoonful of salt, and one-half a pint of granulated barley. Boil two hours, serve with cream and sugar. It may be made with water instead of milk, but it is not nearly so delicate and nice. For the fine granulated barley, however, water is used with excellent results. Use four cups of boiling water, in which a scant teaspoonful of salt has been dissolved, and one cup rounding full of fine granulated barley; cook one hour.

The most delicate of all the oat preparations, and one that has not been referred to in the present chapter, is the granulated oats ; and the mush made from it is correspondingly delicious. Use four cups of hot water, a teaspoonful of salt, and one cup of granulated oats. Boil an hour and a half, and serve with cream and sugar. Another health preparation known as "Brain Food" is most excellent, and is made from the germs of wheat and barley. It has a flavor peculiar to itself, is very delicate and easy of digestion, and possesses great power as a strengthener alike of body and brain. It is claimed for it that dyspeptics find great comfort in its use. In a simple mush it is palatable and delicate. To make mush from this, you will mix one cupful of Brain Food with one cupful of warm water ; stir it into a double boiler containing three cupfuls of boiling water ; add a teaspoonful of salt ; cook two hours and a half, and serve with cream and sugar.

Indian corn is used as a cereal, and is prepared in many ways. The whole grains, hulled, are eaten as hulled corn or samp ; broken grains of various sizes, as hominy ; the ground grains, as either coarse or fine meal. Meal grows musty very quickly when ground by the old process, owing to the moisture of the corn and the heat of the stones. In the new-process or granulated meal, the corn is first dried for two years, then ground into coarse grains like sugar. Indian corn is also used in the form of a very fine powder called corn-starch.

Corn-meal when crushed is best made into small loaves or cakes, and eaten hot. It is rich in nitrogen, which causes it to attract oxygen from the air, and spoil rapidly. It should consequently be purchased in small quantities. It is better adapted to strong laboring persons, as it is very heating to any one who has a weak digestion.

Rye meal and flour are used, especially in New Eng-

land, in the form of bread and mush. Rye is sweeter than wheat, and makes a moist bread, which can be kept for some time without growing hard and unpalatable. Rye should be purchased in small quantities, and kept in a cool, dry place. It should be sifted and examined thoroughly before using. Barley is also nutritious, and rich in phosphates. Rice contains very little of the flesh-forming element. It has more starch and less fat than any other grain. It should always be used with milk, eggs, or some fatty substance. It is, however, very digestible, requiring only little more than an hour for the process. In weak conditions of the stomach and bowels, it is valuable. Rice-water, a thin mucilage, is a drink often administered with benefit in fevers, and in inflammation of the bowels.

In cooking rice, remember first of all that it should be thoroughly washed.

Turn the rice into a coarse strainer, and place the strainer in a deep dish of cold water. Rub the rice well with the hands, and lift it in the strainer out of the water, changing the water until it is clear. It is important to observe all the steps of this process; for in this way, all the grit is deposited in the water, leaving the rice thoroughly cleansed. Drain and cook in either of the following ways, each of which will, if followed carefully, insure white, distinct kernels of thoroughly cooked rice. The first is boiled rice. Have two quarts of water, with one tablespoonful of salt, boiling rapidly in an uncovered kettle. Throw in one cup of well-washed rice, and let it boil so fast that the kernels fairly dance in the water. Skim carefully, and stir with a fork; never with a spoon, as that mashes the kernels. Cook twelve, fifteen, or twenty minutes, according to the age of the rice, and add more boiling water if needed. Test the grains often; and the moment they are soft, and before the starch

begins to dissolve, and cloud the water, pour into a squash-strainer. Drain, and place the rice — still in the strainer — in a pan in the hot closet or on the back of the stove. Stir it with a fork, before serving, to let the steam escape and the kernels become dry. Be careful not to cook the rice enough to burst the grains, as then nothing can prevent them from sticking together. The second of the two ways is the steamed rice. And, *apropos* of these two ways, Mrs. Lincoln says that some of the nitrogenous and mineral constituents, of which rice has but a small amount at best, are lost in the boiling water; and unless the water is used for soup, to boil rice is a wasteful process. Steaming is a much easier method, and is more economical. For the steamed rice, you will pour two cups of boiling water on one cup of well-washed rice; add half a teaspoonful of salt. Cook in the double boiler thirty minutes, or until soft. Remove the cover, stir with a fork to let the steam escape, and dry off the rice. Rice will usually absorb twice its bulk of water; but when cooked in milk or suet, a little more moisture will be required.

Rice should be prepared in one of these two ways, whether it is to be served as a cereal, a dessert, or a vegetable, or to be used as a border for a curry, or other garnish, or for croquettes.

It is claimed by the "Health Food" manufacturers, that the starch of wheat may be compared to the fat of meat, and the gluten portion to the lean part. This comparison is not wanting in scientific accuracy, inasmuch as starch is carbon, and fat is carbon; while mineral albumen, and gluten or vegetable albumen, are nitrogenous substances that are chemically almost identical. If we should attempt to exist upon fat, to the exclusion of the lean, we should presently discover by the loss of our vigor and strength, both mental and physical, that

we were not properly nourished. The same lack of vigor comes from the excessive use of vegetable fat.

The use of starch in excess is the rule in America. If assimilated, it is very liable to induce fatty degeneration of the tissues, and such diseases as are dependent upon this state. The essential feature of Bright's disease is fatty infiltration of the kidneys, while diabetes finds its chief allies in bread and potatoes. These formidable diseases may be guarded against by appropriate alimentary substances containing the needed proportions of all nutritive elements. This is the reason physicians so imperatively forbid the use of all starchy food to their patients who are suffering with diseases of the kidneys, and advise in its place the use of gluten. The whole-wheat gluten is a flour made from choice wheat, in which the bran and the white starch are excluded together. It is a nitrogenous or meat-like food, and is also rich in the wheat phosphates. It is quite palatable, and in that regard differs from the French gluten flour, which is worked out of commercial flour, and is decidedly unpleasant to the taste.

In cases of weak digestion this whole-wheat gluten proves a very nourishing and easily digested food; and, as has before been said, it is earnestly advised by many distinguished physicians for those suffering from diabetes or Bright's disease. It is also most valuable for nursing mothers, children, and aged persons. The purified gluten is the substance which is contained in layers of gluten sacs, freed from the cellulose, or honeycomb structure forming the walls of the cells. It is more nourishing than beef or eggs, and not only digests readily, but at the same time affords some assistance in the digestion of other foods. It is, in short, a concentrated food, being chiefly gluten, and very rich in phosphatic salts. Being nearly free from starch, it is used with great satisfaction.

by many sufferers from dyspepsia and diabetes, as well as by those who seek to lessen excessive fatness. It is a most substantial, blood-making food, and children thrive on it wonderfully.

GLUTEN WAFERS are very delicious ; they are crisp and delicate, and will keep some time in a dry, cool place. They are nice to eat with a glass of milk or a cup of tea or chocolate.

Mix well together half a cup of butter and two cupfuls of gluten ; add just enough cold water to make a very stiff dough. Roll as thin as you possibly can ; prick with a stamp or a fork ; cut into rounds, or any fancy shape that you may fancy, and bake in a quick oven until they are nicely browned. They are specially good for children, and they will eat them with milk with a genuine relish. Even the "grown-ups" admit that they might have much less palatable things to "nibble" upon when they get hungry between meals, and want something "staying."

GLUTEN COOKIES are always favorites, wherever and whenever they are made. For these cookies, you will use one-half a cup of milk that shall be just warm enough to dissolve a heaping teaspoonful of butter (or, if you have it, use instead two-thirds of a cup of cream), one egg, half a cup of sugar, a pinch of salt, and a little cinnamon or nutmeg, whichever you prefer, for seasoning, a teaspoonful of Royal Baking Powder, and enough gluten to make as soft a dough as it is possible to handle. Beat the egg ; add the sugar, the salt and seasoning, then the milk or cream. Stir in one cup of gluten, into which the baking powder has been sifted ; add as much more gluten as is needed to make the dough of a proper consistency. Use a little flour on the moulding-board and rolling-pin to keep the dough from sticking. Roll the dough to a quarter of an inch thickness, cut into rounds or fancy shapes, and bake in buttered tins in a rather quick oven.

GLUTEN GINGERBREAD is also very nice. It requires one cup of molasses, two cups of gluten, one egg, three tablespoonfuls of melted butter, four tablespoonfuls of milk, a scant teaspoonful of soda, half a teaspoonful of salt, a teaspoonful of ginger. Beat the egg; add the melted butter, the molasses,—which is better to be warmed,—the milk, soda, salt, ginger, and, last of all, the gluten; bake it in a quick oven, and serve it while it is fresh. The purified gluten is used in sponge-cake, blanchmange, pudding, and pie, as well as in muffins and drop-cakes.

One of the most delicate ways in which the purified gluten can be used is as a **BLANCHMANGE**. Take one quart of milk, five rounding tablespoonfuls of purified gluten, a quarter of a teaspoonful of salt, and the whites of two eggs beaten to a stiff froth; mix the gluten to smooth paste with a little of the milk, and scald the rest in a double boiler; when it is hot stir in the gluten, stirring it well until it thickens and is very smooth; then stir in the beaten whites of the eggs, and remove the mixture from the fire; beat it until it is very light, and pour it into a mould or a shallow dish. Serve cold with cream and sugar, or whipped cream and fresh strawberries or raspberries, or a soft custard made with the yolks of the eggs. The **GLUTEN PUDDING** is also very good. The ingredients are one quart of milk, six even tablespoonfuls of purified gluten, three eggs, and half a teaspoonful of salt. Put one pint of the milk over in the double boiler, mix the gluten to a paste with a little of the cold milk, and stir in until it thickens; remove from the fire; add the remainder of the milk, the salt, and the eggs well beaten; bake twenty minutes; serve with whipped cream, sweetened and flavored. The **SPONGE CAKE** is made as follows: Two eggs, whites and yolks beaten separately; one cup of sugar, a little salt, five tablespoonfuls of milk, one tea-

spoonful of Royal Baking Powder, and one cup of gluten. Beat the yolks of the eggs well, add the sugar, and beat it well; then add the milk and salt together, next the gluten and powder sifted together; mix well; then stir in the whites of the eggs beaten to a froth, then the flavoring. Pour into a cake-tin lined with buttered paper, and bake in a rather quick oven about twenty minutes. Even an invalid can eat this.

CHAPTER V.

KITCHEN CONVENIENCES.

MUCH of the economy, both of time and strength, in housekeeping, depends upon the conveniences for doing the work. Take, for instance, the kitchen table. By some inscrutable law, evidently as immovable as those of the Medes and Persians, every table is made of exactly the same height; and all women in the world, whether tall or short, are expected to work at the table as it is made. To avoid the inevitable backache that comes with a constant stooping posture, the height of the working-table should be increased so that it will be possible to do all work, such as ironing, mixing doughs, and preparing any kind of food, in a perfectly upright position. This will do away with the constant strain on the muscles across the small of the back, which causes so much trouble to the great army of women workers, and wears them out before their time. I wonder if almost every family isn't familiar with the complaint, "I feel as though I were breaking in two," which the tired mother is forced to utter when her day's work is fairly over.

It is an easy matter to lessen this fatigue; a set of blocks under the legs of the kitchen table, making it exactly the height required, is a simple remedy, and one that can be furnished by the quick-handed father and son in any house, who will gladly take this little trouble to help "mother."

The table fixed, I would have beside it a stool of a convenient height, so that when the work will permit it the worker may sit, and thus give additional rest to back and limbs. I know there are women who seem to enjoy mortifying the flesh, and who will not sit down even to pare a potato: they have a way of regarding every attempt to husband strength and health as a sure and unfailing sign of "shiftlessness." But they are not the best economists, by any means. They get worn out, and develop into a "bundle of nerves," sore and irritated, and that keeps everybody about them sore and irritated also. They have won the reputation of being "smart," but at what cost! They are, perhaps, immaculate housekeepers; but, alas for their future as home-makers!

I believe in doing as much as possible while sitting down. There are so many things that must be done while on one's feet, so many steps to be taken during the day, that it is best to save one's self all that is possible, and keep health and strength, and with them the cheeriness of heart and temper that makes home pleasant for those who are in it and of it. There is a great deal to say about this; but as this is not a sanitary treatise, I will content myself with giving you the hint, and let your own good womanly sense fill up all the outline.

The work of the kitchen is very much lightened if one has the proper utensils for cooking. It is astonishing how much difference the possession of one simple article will make with a piece of work. It is, of course, quite impossible to give a complete list of utensils; because the size of the family, and the amount of work to be done, will very largely determine the number required. But there are some things that are absolutely needed to make even every-day cooking fine, and they are not always found in even well-regulated kitchens. The one utensil that stands out prominently, from its almost constant use,

is the double boiler. Every family should have two, a small and a large sized one; those in which the inner vessel is of porcelain are the best for the small size, and the agate ware is the nicest for the large ones. And just here let me say a word in favor of agate cooking utensils, such as saucepans, stewpans, and the like: they are lighter to handle than iron, and so make the work of the cook easier; and they are more easily kept clean, and that in itself is a great recommendation. Double boilers, as well as saucepans, come in all sizes in this ware; and the number of persons to be cooked for will determine the size of the boilers you will require. Things cooked in these boilers are absolutely free from danger of scorching, unless the cook is careless, and allows the water to boil out of the lower vessel, when she will not only spoil what she has on hand to cook, but will run a very great risk of spoiling the boiler as well. But with care her boiler will last a long time. I set this down as first on the list; but for the benefit of those who have none, I will say that a very good one may be improvised by a tin pail set in a kettle of boiling water. I have used such a boiler with very good success. A set of measuring-cups, holding half a pint each, and divided into quarters and thirds, are most convenient. Housekeepers of experience know that a "cupful" of any thing is a very elastic phrase, and means with every cook the cup she measures with, whether it be large, small, or medium. Now, in delicate cooking, especially in making the finer grades of cake, there should be exact measurements; and this, of course, can only be obtained by taking one size of cup as a standard. And even when this is done, it is not always easy to obtain correct fractional measurements. Mrs. Lincoln found this a great difficulty in teaching in the cooking-school; every individual pupil had her own idea of a half, a quarter, or a third of a

cup, and usually there was a slight variance in every measure.

To obviate this difficulty she had made a set of the measuring-cups referred to above, each holding a pint, the correct standard of cup measurement, and divided into quarters or thirds in the same way that a quart measure is marked into pints and half-pints. These proved immensely successful, and now they are regularly on the market for sale. Of course you have all seen them, even if you do not own a set yourself ; but I thought you might not know they were the happy thought of a bright woman.

One or two small, sharp-pointed knives, made of the best steel, to be used as vegetable knives, are absolutely indispensable. Any one who has lost her temper trying to work with a knife that was dull and pointless will, no doubt, recognize the moral value of an article of this kind. It will be such an economy of time, strength, and nerves, that one will wonder she had done without it so long as she has. There is nothing, either, that will make such a wide difference between ordinary and delicate cooking, as a set of strainers. There should be one of very fine wire for sifting soda, spices, etc., and a larger one of the same kind for straining jellies and custards. You will see in all the receipts for the dishes that are made with gelatine directions for straining, and it is a strainer of this kind of fine wire and small meshes that must be used. There should be others with meshes from one-sixteenth to one-eighth of an inch in diameter, to use for straining gravies and sauces. Extension wire strainers are most convenient, because they do away with the necessity of holding the strainer while pouring the mixture through ; these strainers have wire arms that pull out to any required distance, and these support the strainer on the side of the dish into which the mixture is to be strained. You will also

want a squash-strainer and a colander, and a very generous supply of strainer-cloths made from coarse crash or cheesecloth and fine napkin linen. You will find that all these will have their uses ; and if you have them all ready, a deal of time and trouble will be saved for you.

A Dover egg-beater is a great time and strength saver ; and if you do not require two, a large and a small one, a medium-sized one will be found to do almost every thing required very nicely. If you ever hear any complaints that the egg-beater gets out of order quickly, you may be sure of one thing, that it is not properly taken care of. It should never be put into water and left to soak, the way some persons do with it ; the oil will be washed out, and the beater will be hard to turn, and will probably break from the amount of exertion used ; or, if it is used before it is dry, the oil and water will spatter into the beaten mixture. Use it with clean hands, and then the handle will require no washing ; wipe the wires with a damp cloth immediately after using, dry thoroughly, and keep it well oiled. In this way your egg-beater will be constantly ready for use, never out of order, and will be a perpetual delight. You will find a frying-basket very convenient, also a potato-slicer ; and you will certainly need a fine wire broiler for toasting bread, and two larger ones, one for fish, the other for steaks and chops, as it is never well to use the same broiler for meat and fish. No matter how careful you may be, you cannot entirely eradicate the oily smell of the fish from the broiler ; at least, it never seems as though one could. It may be purely imaginary, but I always think the fish can be detected. Yellow bowls for mixing are quite necessary ; and it is well to have several sizes, a very large one for bread, and others smaller for cake mixtures. Common bowls are also a convenience, and every closet should have at least half a dozen. In regard to pie-plates, I do not my-

self like the tin ones, but prefer those of the old-fashioned light biscuit-ware. I have tried the tin plates, both plain and perforated, and I return every time to the earthen plates with genuine satisfaction. This is, of course, a merely personal consideration, and I allow every one her own personal choice. Wooden spoons for mixing are preferable to all others; and there should be plain ones of the common size, and larger perforated ones, which are to be used especially in mixing cake batter.

You will want two bread-boards, one for rolling bread and pastry upon, which should be kept perfectly smooth, and a second for rolling crumbs and pounding or cleaning meat or fish. A still smaller one is convenient as a cutting board, to save your table and also your other boards. Never wash a bread-board in an iron sink, as the iron will leave a black mark on the board, which you will find it very difficult to remove. Always wash the board on the table where it has been used; and use cold water for it, as that removes the flour more quickly than warm water would do.

If you find it necessary to use a knife in removing the dough from the board, always scrape with the grain of the wood, and, as far as possible, avoid roughening the surface of the board. To do this carefully, you want to hold the knife in a slanting direction, and only remove it in one way, that is, with the grain, not across or against it. In that way you will save your board, and keep it beautifully smooth. Wash it well after scraping, and wipe it dry, taking care never to let dough accumulate in the cracks. There is as much in the care of the things after they are bought, as there is in the selection of them in the first place. A glass rolling-pin is the best for rolling pastry, but the wooden one may be used for every other purpose. Always have a good supply of kitchen knives and forks, and see that they are well kept.

After they have been used, they should never be put into the dishwater, as they will quickly spoil by wetting the handles. Neither should the blades be immersed in very hot water,—a practice some housekeepers have,—as the sudden expansion of the steel by the heat causes the ferrules to crack. Keep the knives out of the water, but wash them thoroughly with the dishcloth, rub them with brick-dust, and wipe them dry. Keep them bright and well sharpened. The disadvantage and vexation of dull tools would be easily avoided if every woman who keeps house would learn to use a whetstone, and when to apply a little oil. It is well worth the learning, certainly, in the happy results that make themselves felt at once.

When Mrs. Mary Hemenway opened her summer vacation school in the Starr King Schoolhouse, out of which the public cooking-school has grown, one of the things she had taught was the use of small carpenter's tools. The girls who attended the school could saw, plane, fit boards, drive a nail straight, and make many small articles very well. One girl went so far as to make herself a writing-desk of oak. It was not, of course, supposed that the girls would turn out carpenters or cabinet-makers, although in light cabinet-work there is no reason why a woman shouldn't make a good living if she feels so inclined; but there are so many little things about a house that can be done if a woman knows how to handle the tools, that will save a deal of bother and expense. There is scarcely a day that some trifling repair isn't needed; and if one lives a mile or more from the special mechanic whose business it is to do the work, she is independent indeed who can do the work for herself. So Mrs. Hemenway was wise, as she always is in her educational work, in having the girls trained in this direction.

A great deal of inconvenience and expense would be saved if it were the universal custom to keep in every house

the few tools needed for the purpose of performing at home what are called "small jobs;" and if the girls of the family knew how to use these tools, instead of being obliged to send for a mechanic, and paying for little things that could as well as be done without him. The cost of these articles is very small; but the advantages of having them always in the house, particularly in the country, are beyond all price.

In a small family it may not be necessary to keep more than a few of these things, but those few are almost indispensable to comfort. For instance, there should be a saw, a hatchet, two screw-drivers (large and small), two gimlets, one or two sharp jack-knives, a pair of large shears, hammers (large and small), and a mallet. There should be, likewise, an assortment of hooks and of nails of different sizes, from large spikes down to small tacks; not forgetting a supply of brass-headed nails, some large and some small. Screws, also, will be found very convenient. The nails and screws should be kept in a wooden box, with divisions or partitions to separate the various sorts; for it is very troublesome to select them when all mixed together. No house should be without glue, chalk, putty, paint, cord, twine, and wrapping-paper of different sorts; and care should be taken that the supply is not suffered to run out, lest the deficiency might cause delay and inconvenience at a time when most wanted. It is a capital plan to have, in the lower part of the house, a deep closet, appropriated entirely to tools and things of equal utility, for performing at once such little repairs as convenience may require. This closet may have one large, broad shelf, and that not more than three feet from the floor. Below the shelf it is a great convenience to have a deep drawer, divided in two. There will be plenty of things for the drawer to hold, such as the balls of twine of various sizes, the chalk, and the cakes of glue, or the

cans of cold glue which can now be had prepared for immediate use. It is a good thing to save the nice pieces of string that come around parcels, rolling them in a little ball, and keeping them also in this drawer. The want of a thing of this kind is often a great deal more than the worth of it. On the sides of the closet, arrange small shelves for the various kinds of paint-pots, the cans of oil, the glue-pots, and the paste-pots; then have the tools hung each by itself, or laid across nails to support them. Then one can see at once where the tool is, and not be compelled to rummage around in a box for it. There should be a "cast-iron" rule in every family, regarding the tools, that, every time a tool is taken from its place, it should be returned again to the same place. In this way much waste of time may be avoided by the hunting for the tool that ought to have been replaced, but wasn't.

All old newspapers should be saved, folded neatly, and given a place in this closet under the drawers. They can be used for packing china, glass, or tin, and they are the best possible articles for cleaning windows or mirrors; in fact, nothing polishes glass as newspaper does. Take a newspaper, or a part of one, according to the size of the glass. Fold it small, and dip it into a basin of clean cold water; when thoroughly wetted, squeeze it out in your hand, as you would a sponge, and then rub it hard all over the face of the glass, taking care, if it is a mirror, that it is not so wet that the moisture will stream down the glass, also that no drops get beneath the frame and behind the glass, as they will remain there in bubbles, and cannot be dislodged without removing the board at the back. But there is no danger of such accidents if the newspaper is merely moistened or dampened throughout. After the glass has been rubbed well with the damp paper, leave for a minute or two; then take a fresh paper folded small in your hand, and rub the glass thoroughly with it

until it looks clear and bright, which will be surprisingly soon, almost immediately in fact.

Finish with a fresh piece of newspaper, thoroughly dry. This method, simple as it is, will be found on trial the best and most expeditious way of cleaning mirrors or any plate glass, giving a clearness and polish which cannot be so soon produced by any other process. I can recommend it myself from use, as in my own family we never clean glass in any other way, we find this mode so eminently satisfactory. Window-panes may be cleaned in this manner, also the glasses of spectacles. The glass globe of a lamp may also be thus cleaned. The efficacy is attributed to the materials used in making the printing-ink. Besides this, one is always wanting paper for singeing fowl, lighting fires, etc.

There should always be wrapping-paper of various kinds on hand in this wonderful closet. It is well to have some new; and then when parcels come home from the shops, the papers, if not soiled, should be carefully folded and put away for use in the time of need. Who has not seen persons, when preparing for a journey or putting up things to send away, literally "at their wits' end" for want of a sheet of wrapping-paper, a bit of twine, a few nails, or a little paint to mark a box? Who has not seen a door standing ajar for days for want of a screwdriver to fix the disordered lock, the locksmith not coming when he was sent for? Yet these things would not happen if the "emergency closet" were ready and stocked with the needful things, none of which are expensive, and many of which are obtained merely by a little care and forethought. It seems scarcely possible that any respectable and well-conducted house should be without a hammer, a simple tool surely; yet there are families whose sole dependence for that indispensable article is in borrowing it from their neighbors, and when the hammer is obtained there

will be no nails in the house, and it becomes necessary to make another requisition on long-suffering friends.

Just as necessary are the bags, to be hung in one of the store-closets, for pieces. There should be, besides the two bags for waste pieces, one for white and the other for colored rags, bags each for bleached and unbleached cotton pieces, rolls of linen, dress pieces of cotton, woollen, and silk, for braids and for buttons ; each bag should be made of suitable size, and should be labelled so that any one searching for an article may know where to find it without rummaging through half a dozen bags before getting the right one. In tearing up old cotton or linen for the ragbag, save all the good pieces that will do for use as bandages in case of accidents. They should be cut in suitable widths, and sewed in strips to make them of various lengths, then rolled tightly up in a smooth roll, the ends trimmed, then put into the medicine-closet. In case of a cut or a burn there will be no time lost in "hunting for a rag" to do up the injured member. It will be with the salve and plaster in its proper place. Old stocking-legs make capital ironing-holders ; so when the feet are worn past repairing, cut them off, and put them into the ragbag, and stitch the legs together, having folded them into shapes for holders. Capital dish-cloths are made by knitting common cotton twine on rather coarse needles ; cast on about forty stitches, and knit loosely in simple garter fashion until you have a square. This dishcloth will be soft, easily cleaned, and is always in shape.

CHAPTER VI.

THE BREAKFAST HOUR.

A LEADING physician in the city often says to his patients, "If you wish to make a good day for yourself, and carry out the courteous wishes of your friends, you will start right with a good breakfast." This is most essentially true if one has any labor to perform during the day, either mental or physical. If he is made comfortable by a good breakfast, well prepared, well served, and pleasantly taken amid cheerful surroundings, his day will be better, and he will be able to meet the petty annoyances that come into everybody's daily life, with more patience and equanimity. This is especially to be observed if one dines late, and has only a light lunch in the middle of the day. Then the breakfast must be of a substantial order, or the body will not have sufficient sustenance to carry it through without a certain amount of physical suffering. School-teachers often complain of the lack of attention on the part of parents which allows a child to come to school for several hours of study without taking a sufficient breakfast, and, as sometimes occurs, without breaking the fast at all. Lack of time or inclination makes the child hurry off without the sustenance necessary; and it frets away the morning, ill-humored and uncomfortable. A teacher in the famous Chauncy-hall School says that if a pupil complains of headache during the morning, or is fractious and hard to get on with, the first question she asks is if a proper breakfast has

been eaten ; and if she finds it has not, she sends the pupil for a lunch. She says that when a child shows little disposition for breakfast, the mother should see that it is supplied with a luncheon, not of cake and similar sweet stuff, but of sandwiches or some hearty, simple food, that shall nourish but not put the stomach out of order by giving it more than it can do by filling it with cloying food. This is a plan that might be followed by many more teachers with good results ; doubtless there are other schools in which savage pupils will be found to be only hungry boys or girls. The principal of a large grammar school in New York had among her pupils a very bright boy, who had always seemed possessed of a very sunshiny disposition. All at once he seemed to be entirely changed ; he grew sullen and morose, and the teacher in charge of the class which he was in became utterly discouraged with him ; he would not work, and he fell rapidly behind in his studies. In vain his teacher appealed to his pride and his ambition ; he seemed to have lost both, and her appeals were only met by bursts of ill temper. She went to the principal, who in turn interviewed the boy. Approaching him very gently, she asked what was the matter, and why he acted as he did.

"Because I'm hungry," was the reply, snapped out savagely enough.

"Well, why are you hungry?" she pursued.

"Because it's Lent, and I have to fast," was the reply. Further investigation showed that he belonged to a family by whom Lent was rigorously kept, and the flesh was so thoroughly mortified that absolutely there was not enough food allowed to nourish the body, and the child was really suffering tortures.

It was a case in which it would not do to interfere ; and the only thing the principal could do was to counsel patience, and to bid the teacher follow the "letting alone"

method. When the period of fasting was over, the boy regained his once sunshiny nature, and became what he always had been before, — one of the best boys in the school.

There used to be a fallacy that obtained credence among very intelligent people, and that was that the health was very materially benefited by exercise in the open air before breakfast; and there were even found physicians who advised long walks for their patients in the early morning before eating. The writer bears in her remembrance the headaches that always followed a medical prescription of this kind. The days cannot be counted that have been spoiled in the earnest endeavor to preserve health that was already too good to be tampered with; and a grudge is still borne toward the foolish or short-sighted persons who were the cause of all that day's sufferings. Reason and common-sense are alike on the side of breakfasts that are to be eaten before active exercise is taken. Languor and exhaustion are sure to follow such exercise, especially when taken by persons who are liable to take sudden colds, or those of a delicate organization. Some physicians go so far as to assert that consumption and other diseases are contracted from the exposure of an empty stomach to the damp influence of the morning air; and these counsel those whose vocation calls them out early in the day, to first brace the stomach up with a warm and nourishing breakfast. Persons who stay in the house all the morning dawdling over a book, or a bit of needlework, may take the roll and coffee that form the traditional French breakfast; but any one who has any more active employment or amusement must not expect to do any work that will be of specially fine quality on such a diet. Breakfast, coming after the longest fast in the twenty-four hours, is needed to supply the great waste that goes on from supper till dinner; and that is why it should not only be nutritious,

but should be eaten leisurely. It should be served in plenty season, so that one may not eat hurriedly or insufficiently. Horses are never allowed to start out for half a day without being properly fed; and is it at all possible that men and women can work on a worthless breakfast more than they?

In advocating the introduction of cooking into our public-school system, one of its most earnest supporters argues that it is a step in the interest of temperance and morality as well as of education. She says—for it is a woman who sees this side of it—that among a certain class of people there is lamentable ignorance regarding the very simplest rules for preparing nutritious, well-cooked food; and that it is in this very class that intemperance exists to such an alarming degree. “Poor rations are demoralizing,” is a saying one often hears; and ill-cooked, insufficient food drives many to intemperance. When man does not get the stimulating nourishment which his nature craves, he becomes demoralized, and resorts to the liquor-saloon to supply the want of good and stimulating food.

A man disappointed in this meal can easily console his hunger with something to drink. Breakfast was insufficient to give him strength; he must have something to make up the want, and he probably believes he can quickly get it from a glass of whiskey or beer, which gives him spasmodic strength for a brief time, but, when the re-action comes, leaves him worse off than ever. Is it not wise to teach that a breakfast unfailingly good, with all the elements that stimulate and nourish the body, has its moral as well as physical benefit?

It is, perhaps, a little early to point out any good in morals which the cooking schools, that have become a part of the public-school system, have accomplished; and yet there are already cases on record where the domestic sky has been cleared of clouds, simply because good food

was offered, where before it had been badly cooked, and consequently insufficiently nourishing. In one home, the substitution of a well-cooked cup of cocoa for the sloppy, herby tea that had become a component part of every morning meal, and a nice Indian cake or plate of muffins for the dry baker's loaf, began a work of reform. The father was proud of the daughter's skill as a cook; the mother was shamed by it; the consequence was better provision on the part of one, and more care in preparation on the part of the other. The mother was by no means above turning to account some of the practical knowledge the daughter had acquired under such competent training; and she began also to brush up some of her own knowledge that she had carelessly allowed to fall into disuse. The result is a happier home,—a united family, and cheerful, contented wife, and a man who puts into the family larder what formerly went to the saloon. It was a case of a man going to the bad, simply from unsatisfied appetite. When he could have the good food, he preferred it to the liquor.

So you see the question of good cooking does involve good morals as well as comfort, and health as well as both. Am I not right in insisting that it behooves all housekeepers to see to it that they present good breakfasts to their families?

Those are pleasant homes in which breakfasts are appreciated, and good ones are a matter of course; where "cooking morality" is regarded, and the result is a satisfaction to mind and body, unknown where insufficient, illy prepared food is made to take the place of the neatly cooked, daintily served meals.

It is a good plan to take one of the grains as a first course at breakfast, unless you prefer to serve the fruit first. This must be a matter of individual preference. Some persons cannot take fruit until something else has

been taken into the stomach. There can be no arbitrary rule in relation to eating fruit ; indeed, it does not matter what place it occupies, if only the wise sanitary custom of eating fruit in the morning is observed. The reason why grains are suggested as a first course is that it prevents an immoderate use of animal food.

A goodly number of housewives consider breakfast the hardest meal of the day ; not in the preparation that it involves, but in the thinking what to get. That always puzzles the housekeeper. One can't always ring the changes on steak and chops ; and Sunday morning is the legitimate time for fish-cakes and baked beans, so they must not be served on any other day. But just here, while FISH BALLS are mentioned, it may not come amiss to give Mrs. Lincoln's rule for making them. These are no common fish-balls, you may be sure ; none of the hard, salt, fat-soaked compounds that the average kitchen ruler sets before her victims. Not at all. They are simply sublimated fish-balls, highly idealized affairs, genuinely poetical concoctions, that one wouldn't be ashamed to set before the veriest epicure. Here is the recipe, and everybody should try it. Use one cup of raw salt fish, one pint of potatoes, one teaspoonful of butter, one egg well beaten, one quarter of a saltspoonful of pepper, and, if you find that you need it, a bit more of salt. Wash the fish well, pick in half-inch pieces and free from bones. Pare the potatoes, and cut in quarters. Put the potatoes and fish in a stewpan, and cover with boiling water. Boil twenty-five minutes, or until the potatoes are soft. Be very careful, however, not to let them boil long enough to become soggy. Drain off all the water ; mash and beat the fish and potatoes until they are very light. Add the butter and the pepper, and when slightly cooled add the egg, and more salt if you find that it is needed. Shape in a tablespoon without

smoothing much, slip them off into a basket, and fry in scorching hot lard for one minute. Fry only five at a time, as more will cool the fat. The lard should be hot enough to brown a piece of bread while you count forty. Or, if you have not a frying-basket, first dip the spoon into the hot fat, then take up a spoonful of the fish, and plunge it into the hot fat. Drain on soft paper. These fish-balls should be mixed while the potatoes and fish are hot.

There are many others beside myself, who will remember the first taste of those fish-balls, at the demonstration lecture where the rule was given us. I wonder if all recall, as I do, Mrs. Lincoln's happy face as we one and all pronounced the fish-balls a delight. Well, and so they were; and so they have been ever since, in the families of those fortunate pupils.

If you wish to prepare them the night before, you may omit the egg, and in the morning warm the fish and potato in a double boiler, and then add the egg. Keep the fish in a bowl of cold water while picking it apart, and it will need no further soaking. Contrary to all old theories, boiling the fish with the potato does not harden it. When well mashed, and beaten with a strong fork, the fish will only be recognized in the potato by the taste, and not by the presence of hard, lumpy pieces. Never chop salt fish. If picked apart into small pieces, and then rubbed with a potato-masher until it is reduced to fine threads, it will blend with any mixture better than it will when chopped. These are the most quickly prepared and the most delicious fish-balls ever made, and are quite worthy the superlative adjectives that have been used concerning them. You may make plain MINCED FISH by preparing a mixture like that for the balls, and cooking it in a little salt-pork fat in a frying-pan until brown, and turning it out like an omelet. CREAMED SALT

• **FISH** is a breakfast-dish that is liked by many, especially for a Friday morning breakfast, with baked potatoes, omelet or dropped eggs, and corn bread. Pick the fish apart as you do for the fish-balls, then put it in cold water, set it over the stove until the water is quite warm, but not boiling; then turn it off, and put on fresh cold water again; let it get warm, then let it stand where it will keep warm, but not boil, until the cream is ready. The cream is nicest made as a regular cream sauce, with one pint of milk, one slice of onion, two tablespoonfuls of butter, two heaping tablespoonfuls of flour, one-half a teaspoonful of salt, and one-half a saltspoonful of pepper. Heat the milk with the onion in it, in a double heater; put the butter in a granite saucepan, and stir until it melts and bubbles. Be very careful not to brown it. Add the dry flour, and stir quickly until well mixed. Pour on one-third of the milk, after carefully skimming out the onion; let it boil, and stir well as it thickens, tipping the saucepan slightly to keep the sauce from sticking. Add another third of the milk, let it boil, and when smooth add the salt and pepper, and the picked fish which has been strained in the mean time. **DRIED BEEF** cut in thin slices may be used in place of the fish with this same sauce, and served with a garnish of hard-boiled eggs cut in slices; or the white of the eggs may be laid in rings around the edge, and the yolks rubbed through a fine strainer over the top. This makes a very pretty dish, and is simple and inexpensive.

The slices of beef should be scalded in the same way as the fish before putting it into the cream. If you have remnants of fresh fish left over from a dinner, such as halibut, haddock, or any white fish, you may flake it and free it from the bone, and skim and warm it in a white sauce, and put it in the centre of a dish, with a potato border, sprinkle it lightly with buttered crumbs, and set in

the oven until it is brown. This is a very nice way of serving over cold fish, and you will surely forgive the economy for the sake of the result.

But there is something else beside fish to be considered ; you want meat for your breakfast, possibly, or eggs. Many of the breakfast-dishes of minced meats, such as beef, lamb, mutton, or veal, are often cooked with eggs, and are thus varied from the usual form of minced meats, and made appetizing and delicate. For example, take egged mutton hash ; this is a delicious as well as nutritious summer breakfast-dish. To prepare it, take three cupfuls of finely chopped mutton or lamb, and add to it two tablespoonfuls of hot water. Break into it three eggs, and stir all together ; when the eggs are sufficiently cooked, add a spoonful of butter, thoroughly mix, and season to taste with salt and pepper. Serve very quickly. Corned-beef hash, when properly prepared, is one of the nicest breakfast-dishes, and does not deserve the ridicule that has been heaped upon "hash" as a compound. When it is not well made, there is nothing in the whole list of breakfast edibles so unappetizing ; but when well done it is delicious, and should be more often seen on the table. Chop cold corned beef rather fine, but not too fine ; chop, but do not mash, nearly double the quantity of cold boiled potatoes. They are not as nice for beef-hash when hot ; and if either potatoes or meat are chopped too fine, your hash will be salvy. Season to taste with pepper and salt. Put into a spider hot water enough to cover the bottom, and add one large, heaping tablespoonful of butter. When the butter has melted, add the hash, and let it simmer until it has absorbed the water, and formed a brown crust. Do not stir it, but fold like an omelet, and serve hot.

Cold roast beef may be used for a hash ; but in that case it should be boiled in salted water until it is tender, then all the gristle and fat removed.

A Western rule for making hash has been sent to me, and the sender vouches for it as delicious.

* Boil corned beef until it is nearly, but not quite, done; when it is cold chop it, after removing all fat and gristle, but do not chop it very fine; pare and wash potatoes enough to make one-half more than the amount of meat, and chop them without cooking. Mix the meat and potato well together; season with salt, pepper, a bit of mustard, and a few drops of onion-juice. Butter a deep earthen pan; mix the hash with salad-oil, or, if you do not like the taste of the oil, with melted butter; cover the dish, and bake for three-quarters of an hour, removing the cover the last fifteen minutes, so that the top may become well browned. The lady who sends this recipe says that it makes "the most perfectly delicious" hash that she has ever tasted. Won't somebody try it, and send word regarding the result?

A nice way of using up bits of cold fish, whether it be cod, haddock, or halibut, is by making SCALLOPED FISH; and this may be made from either baked or boiled fish, using also the stuffing and sauce. You must first free the fish from the skin and bones, and then flake it carefully. Butter a shallow scallop-dish, and put in the fish and stuffing in alternate layers, with a cream sauce to moisten; have the sauce flavored with onion and lemon juice; cover with buttered crumbs, and bake until the crumbs are brown.

Almost any kind of cold meat may be utilized by making a scallop; but the least satisfactory of any served in this way is beef. Sirloin beef is not so successful an ingredient for either scallops or croquettes as any of the white meats, such as veal or mutton, or as fowl. The richest scallop is that made from turkey. It is delicious, but a little of it goes a great way. Mutton and veal are very nice, and are often found as a scallop on many break-

fast-tables. A specially nice way of preparing SCALLOPED MUTTON is to remove every particle of fat and skin from cold roast or boiled mutton, then chop the lean meat a little coarser than for hash, season it with salt and pepper. Butter a shallow scallop-dish, put in a layer of fine cracker-crumbs, then a layer of meat, then oysters seasoned and strained, a little tomato-sauce, then crumbs, meat, etc., having on the top a layer of crumbs moistened in one-third of a cup of melted butter. Cook until the crumbs are brown. This will be found a very delicate and delicious breakfast-dish. It will not take very long to prepare it, especially if the meat be chopped the evening before. Baked potatoes are very nice served with it, or, if preferred, stewed potatoes.

Veal may be prepared in much the same manner, flavoring it with celery-salt instead of the tomato, and using the gravy left from the roast to moisten it with; if the veal was stuffed for roasting, and any bits of the stuffing remain, they may be put into the scallop also, taking the place of the layer of oysters in the middle of the scallop. In this case, oysters will form the last layer before the buttered crumbs are added. If possible, this is even more delicate than the scalloped mutton.

Col. Higginson, in one of his recent clever articles in the "Harper's Bazar," was bewailing the going-out of fashion of teas, because there was no opportunity now of serving SALLY LUNNS. But the gallant colonel may take heart of grace, and have his Sally Lunn for breakfast, since it is quite admissible to do so. Here is a rule for the genuine old-fashioned cake that was such a favorite a generation ago. When hot and well buttered, it is a favorite breakfast-cake. Use one quart of sifted flour, one teaspoonful of salt, half a cake of compressed yeast, two eggs, two tablespoonfuls of white sugar, and one pint of warm water. Mix the salt with the flour; scald the milk

thoroughly, and when it is about lukewarm add the yeast which has been dissolved in a little lukewarm water ; stir the flour gradually in until it is all used. Beat the yolks and whites of the eggs separately ; add the sugar to the yolks, beat it well in, then add the beaten whites to them, and when well beaten together stir them into the batter, and beat the whole mass until it is smooth. This should make a soft batter that you can stir easily, but that will not pour. Set this to rise over night. Early in the morning, when well risen, cream a piece of butter the size of a large egg, or, to be more exact in measurement, a rounded tablespoonful, and add it to the batter ; when well mixed, fill muffin-pans two-thirds full, let them rise about twenty minutes, and bake in a hot oven. Pull them apart, but never cut them. Or, they may be baked in regular baking-pans, and the sheets broken but not cut. They should be served very quickly.

• Miss Parloa's SPIDER CORN CAKE has a reputation as a breakfast-cake that very few others have attained, and it is not difficult to make either. For this cake you will use three-quarters of a cup of corn-meal ; flour enough to fill the cup ; one tablespoonful of sugar, one-half a teaspoonful of salt, one-half a teaspoonful of soda (scant), one egg, one cup of sweet milk, one-half cup of sour milk, one tablespoonful of butter. Mix the meal, flour, sugar, salt, and soda. Beat the egg, add half the sweet milk and all the sour milk, stir this into the dry mixture. Melt the butter in a hot spider, and pour the mixture into it. Pour the other half-cup of sweet milk over the top, but do not stir it in. Bake twenty minutes in a hot oven, and serve at once. You cannot imagine, until you have seen it, the delicate custard-like consistency of this cake ; and it fairly melts in the mouth as you eat it.

CREAM TOAST is also nice for breakfast, if you wish a change from the hot breads that are usually served at that

meal, and it is also a good way of using stale slices of bread. Toast the bread carefully, having the slices evenly cut and about a quarter of an inch in thickness; the toast should be a delicate golden brown without the suspicion of a scorch. For the dip, use one pint of cream scalded, one tablespoonful of corn-starch, one tablespoonful of butter, and one-half a teaspoonful of salt; this is sufficient for six slices of toast. Scald the cream in a double boiler; melt the butter in a granite saucepan, add the dry corn-starch, and when well mixed add one-third of the milk. Let it boil, and stir constantly until it is a smooth paste; add the remainder of the milk gradually, stirring well; then add the salt. Put the toast in a hot deep dish; pour the thickened cream between each slice, and over the whole. Keep the dish over hot water until ready to serve. If liked very soft, the slices may be dipped in hot salted water.

• Supposing now we try the breakfast-puffs, or, as they are more commonly called, "POP-OVERS." For these you will use one cup of flour, one saltspoonful of salt, one cup of milk, one egg, yolk and white beaten separately. Mix the salt with the flour; add a part of the milk slowly, until a smooth paste is formed; add the remainder of the milk with the beaten yolk, and lastly the white, beaten to a stiff froth. Cook in hot buttered gem-pans or earthen cups in a quick oven for half an hour, or until the puffs are browned or well puffed over.

• Very nice CORN CAKE is made by using one cup of fine bolted Indian meal, one-half a cup of flour, one-half a teaspoonful of salt, one-half a teaspoonful of soda, one teaspoonful of cream of tartar (or, in place of the soda and cream of tartar, two teaspoonfuls of Royal Baking Powder), one tablespoonful of melted butter, one tablespoonful of sugar, the yolks of two eggs and the white of one egg, and one and a quarter cups of milk. Mix

in the order given, and bake in a brick-loaf bread-pan for half an hour. This makes a delicate breakfast-cake, with a consistency very like that of sponge-cake.

The whole wheat that is prepared by the Health Food Company of New York makes very nice gems when used by the following rule: Two cups of whole-wheat flour, one-half a teaspoonful of salt, one tablespoonful of sugar, two eggs beaten separately, one cup of milk, one cup of water. Mix the flour, salt, and sugar. Add the milk to the beaten yolks, then the water, and stir with the dry mixture. Add the whites beaten stiff, and bake in hissing gem-pans for thirty minutes.

Quick GLUTEN ROLLS are very nice made in the following manner. Use two cups of gluten, one-half a cup whole-wheat flour, one egg, one tablespoonful of sugar, one cup of rich milk, two teaspoonfuls of Royal Baking Powder, and half a teaspoonful of salt. Beat the egg until it is light, then add the sugar and salt; when they are well beaten together, add the milk; sift the baking powder and flour together, and add them to the mixture last of all; handle them as little as possible, but roll out quickly and lightly until the dough is a thin half-inch in thickness; cut into rounds, spread each one with soft or melted butter, and fold together in the genuine roll fashion; bake them in a quick oven, until they are nicely browned.

GLUTEN MUFFINS are made with one egg, two cups of milk, two cups of gluten, and two tablespoonfuls of Royal Baking Powder. Mix the powder and gluten thoroughly together; beat the egg until it is light, add the milk, then stir into the gluten; stir rapidly but thoroughly, pour into hot gem-irons, and bake very quickly.

CHAPTER VII.

IN THE LAUNDRY.

SINCE there has been such a general return to the wearing of cotton fabrics, there will have to come a speedy revival of the old-time art of "doing up" such gowns. In our grandmothers' day, clear-starching was one of the chief accomplishments of a young lady, and it was as much a matter of pride to have her chintz gowns nicely ironed as it was to have them neatly made, — hand-sewed with such evenness and regularity that it would almost seem as though the careful seamstress had counted every thread. One has hardly the courage nowadays to trust the dainty cambric and gingham gowns to the tender mercies of the Nora, Gretchen, or Dinah who presides over the set tubs and hot-water faucets of our modern households. What is to be done? Plainly, only one thing: learn "grandmother's way," and if possible teach that way to the high priestess of the laundry. If she is "above learning" old-fashioned ways, get some one that isn't, or do it yourself. In any event, you will probably have to try the experiment before confiding the result to her. All ordinary colored cotton goods, printed lawns, muslins, gingham, chambrays, cambrics, percales, and chintzes of good quality — the cheaper ones no one will answer for — can be washed so as to retain their colors and look as bright as when quite new. The water must be clean and merely warm, but by no means hot. Rain-water is the best, if you can get it, as it is soft and entirely free from mineral

substance. House-water is not nearly so good for the purpose. Rub the soap into the water so as to make a strong lather, before you put in the dress; and by no means let the soap itself come in contact with the material. Add to the lather a handful of fine salt. Wash the dress through two warm waters, making a lather in the second also, and adding salt. The salt will keep the colors from running. Then rinse it through two cold waters, putting a tablespoonful of vinegar into each before the dress goes in. This will brighten the colors. Immediately wring out the dress, and hang it up to dry, but not in the sun. When nearly dry, so as to be just damp enough to iron, have irons heated ready, bring in the dress, stretch it smooth, and iron it on the wrong side. If it is allowed to become quite dry on the line, and then sprinkled and rolled up and laid aside to be ironed next day, the colors may run from remaining damp all night. That is the usual way of doing; and we all know the streaked, uneven look that laundered dresses so often have. This is why so many women protest that a colored cotton gown is good for nothing after being washed; it is simply because it is done in the wrong way instead of the right way. And just here a hint may be given that it will be well to follow. Before buying a dress, obtain from the store a small slip for the express purpose of testing the durability of the colors. Give it a fair trial by washing it through two warm waters with soap, and then rinsing it through two cold waters. No colors whatever will stand washing in hot water. Some colors, particularly the very bright pinks and light vivid greens, though they may stand washing perfectly well, will change as soon as a warm iron is applied to them, the pink turning purplish, and the green a bluish hue. No colored articles should be allowed to remain in the water, as soaking will cause the colors to run in streaks. All sorts of colored dresses should be washed

and ironed as quickly as possible when once begun. It is well to allot a day purposely to colored dresses, rather than to do them with all the other things on the regular washing day. If washed in half-dirty suds, and left soaking in the rinsing water, the colors will most assuredly run and fade; and the dress will look dingy all over, just as the majority of dresses look that are washed and ironed by the average "general housework" girl. Just as soon as the dress is washed and rinsed, let it be immediately wrung out, hung in the shade, and, as soon as dry enough, taken in and ironed at once. The washing of colored things should only be undertaken in fine weather. If there are several dresses to be done, each dress should be washed separately, and no other undertaken until the one that preceded it is on the line. Of course nothing that has any color about it should be either scalded, or boiled, or washed in hot water. Scalding, boiling, and hot-water washing are only for things entirely white. If the material to be washed is of a very delicate color, or a shade that you are fearful will fade, you will find the color well preserved by mixing a tablespoonful of ox-gall in the first and second waters, and then making a strong lather of the soap. It will brighten the colors wonderfully if a small teaspoonful of the oil of vitriol be put into the second rinsing water. But that is a dangerous article to use, and should never be trusted to the hands of a servant. If it is found necessary to use it, one of the ladies of the family should put it into the water herself, and so assume the responsibility which should never be given to a subordinate. Vitriol, properly used, is excellent for preserving light or delicate colors, but only a very small quantity should be used, else the fabric will be injured. For a child's dress, one-half a teaspoonful is all that is needed. Nothing has been said about starch, as you see. The present fancy for draping dresses and having them hang

in soft, graceful folds, forbids the use of stiffening or dressing in the fabrics ; so starch is not used, as all needed stiffening is given to the fabric by the quick ironing. Merinos, veilings, albatross cloths, and mousseline de laines may be treated in exactly the same manner, using the ox-gall in the washing waters, and always ironing on the wrong side. Pongee silks are washed in lukewarm soap-suds, rinsed in clear water, dried very thoroughly, and ironed without damping. If the fabric is not thoroughly dry, it will wrinkle in the ironing instead of smoothing.

Seersuckers and cotton crapes or crazy cloths should be washed after these directions, but should never be ironed. They should be simply dried thoroughly, shaken out a bit, the lace trimming pulled out, or the embroidery smoothed, if they chance to be trimmed with lace or embroidery, and then they are ready to wear. Satines having such a lustrous, silky surface, should be sent to a steam scourer's to be cleansed, as you would send silk or satin ; if it is washed, it loses its lustre, which is half its beauty. Usually a person with ordinary care may wear a satine or fine gingham through an entire season without need of laundering. At the end of the season, if it is much soiled, it may be sent to the scourer's if it is satine, or washed at home if it is gingham, then put aside to be ready for another season. In repairing the body of a dress, if there are any whalebones that have become misshapen or bent, they may easily be straightened and made as supple as new by immersing them in clear cold water for twelve hours, then drying them in the shade. In these days when whalebones are so scarce and so expensive, it is a good thing to know this ; for the bones may be transferred from dress to dress so long as they remain unbroken. Very often in throwing aside a pair of corsets some of the longer bones are found sufficiently well preserved to

be straightened, cut into proper lengths, and put aside for future use in home dressmaking. Another word about the washing. See that not a particle of colored lining is introduced anywhere about a dress that is to be washed. No colored lining muslin will wash at all, but its color or dye will run and streak the outside of the dress so as to spoil it. However dark a washable dress may be, the lining should be entirely of white.

In these days of steam scourers and professional cleaners, very few ladies know how to care for lace when it becomes soiled. It is so much more convenient to send it away and have it done, and it is done so much better than one can do it at home, that it seems absurd to undertake it. But there may be occasions when it is not convenient to send, or one may be at such a distance that sending it may be impracticable, and in that case it is well to know how to do it for one's self. The following directions are for thread laces; and if they are followed, the lace will look always new and fresh. In the first place, thread lace should never be washed upon the article of which it forms the trimming. When it is put on, it should not be sewn fast, but merely run or basted with short stitches, so that, when the lace is removed for washing, the thread may be easily drawn out. The trouble is nothing in comparison to always having fresh lace. Thread laces, to look well and last long, should never be touched with starch. Starching thread lace injures the texture, causes the threads to break, and gives it a hard, stiff appearance. Take one or two straight black bottles of the larger size, perfectly clean inside and out; cover them with thick, strong, new white linen, sewed on tightly and smoothly with coarse thread. Having taken the lace from the article on which it was basted, begin near the bottom of the bottle; tack one end of the lace with a needle and strong thread to the linen, and wind it smoothly round,

with the edge downward, and all the scallops smooth so that none may be creased or curled inward. Wind the lace on the bottle in such a manner as to have the scalloped or pattern edge visible all round, putting only two or three yards on a bottle at once; finish just below the neck of the bottle, and tack down with a needle and thread the last or terminating end of the lace. Early in the evening put the bottle with the lace into a clean earthen or white-ware vessel—do not use metal, lest it should discolor the lace—filled with clear cold water, and let it soak until bedtime. Then change the water, and let it soak all night. In the morning fill a clean porcelain kettle, or deep earthen pipkin, with a strong suds of clear soft water and the best white soap; into this put the bottle with the lace on it, having tied a twine string round the neck of the bottle so as to make it fast to the handles or the rim of the vessel, that it may be kept as steady as possible while boiling. It must on no account be boiled in a tin or iron vessel, as the lace will then certainly be discolored. Set the vessel over hot coals or in a stove, and keep it boiling regularly until the lace looks quite white. If the lace is very much soiled, it will be necessary to change the water for a clean, fresh suds. It may boil from an hour to an hour and a half, but take it out as soon as it looks clear and white. Then take up the bottle to drain off the suds, and set it without rinsing in the sun. Keep it in the sun until the lace dries on the bottle. When quite dry take it off, stretch or pull down each scallop separately with the thumb and finger, and then fold or roll up a piece of smooth, clean paper, and roll the lace round it. The above method of cleaning thread lace without rubbing, rinsing, starching, squeezing, or ironing, as it is the most simple and easy, is also the most certain way. It should be done on a clear, bright day, and the hotter the sun the better. Done exactly according to these directions, thread

lace has the look, feeling, transparency, and consistency of new lace that has never been washed at all; and it may easily be mistaken for it. Cotton lace cannot be cleaned in this way, as it is too soft and fuzzy, and shrinks up too much. It requires squeezing, starching, clapping, and ironing. Spanish lace, or any of the white silk laces, may be cleaned by laying them over night in flour, then rubbing them lightly, or so as not to break the threads; the flour will remove the soil almost like magic. Shake the lace, then hang up for a little while out of doors, putting it in a clean white cloth while it hangs on the clothes-line. When the flour is well out of it, fold it, and place it in a soft paper between two books to press.

Every description of black silk lace may be made to look extremely well by the following process. A black lace dress must be previously taken apart, and all the loose threads and stitches carefully pulled out. We will suppose the article to be a fichu that requires washing, and that it has been worn long enough to look soiled and rusty. By exactly observing the following directions it may be made to appear fresh, new, and of an excellent black, provided, of course, that it was originally of a good quality, with no mixture of cotton in it. All lace articles of brownish black are mixed with cotton, and frequently have no silk about them at all. Make a strong lather of white soap and clear soft water, warm but not hot, in a large earthen pan or small tub; mix with the suds a large tablespoonful of ox-gall, which can always be obtained from the butcher at a very trifling cost. The gall, as soon as it is brought home, should be opened, its liquid poured through a funnel into a clean black bottle, and tightly corked. It is useful in washing all sorts of colored things, as it materially assists in preventing them from fading. Having stirred the gall well into the suds, put in the fichu, and work and squeeze it up and down through the lather

for five minutes or more, taking care not to rub it. Then squeeze it out well, open it loose, and shake it a little. Next transfer it to a second suds of clean warm water and white soap, adding a teaspoonful of gall; into this second lather infuse a large quantity of bluing, and stir it well in. Having worked the fichu up and down through the second suds for about ten minutes, alternately loosening it out and squeezing it up, but not rubbing it, squeeze it finally as dry as you can, and open it out widely. Have ready in another pan some glue stiffening, made as follows: On a bit of glue as large as a five-cent piece, pour half a pint of boiling water, and let it dissolve; after the glue is entirely melted, add a quart of cold water, and bluing enough to make it very blue. Stir it well, then put in the fichu, rinsing and squeezing it through the stiffening water. Having done this sufficiently, squeeze out the fichu as dry as you can get it, then open it, stretch it, and clap it all over. Next, fold it evenly, roll it up in a thick, clean towel, and let it remain a quarter of an hour or more. Spread a large clean linen cloth on your clothes-line, and hang the fichu, well spread out, upon the cloth. When nearly but not quite dry, take it down, clap it and stretch it again. Have warm irons ready; lay a clean linen cloth on your blanket, and press the fichu smoothly on the wrong side, first trying the irons on an old piece of thin black silk, crape, or gauze, lest they should be too hot for the lace and scorch or discolor it.

This process will restore to any article of good black silk lace that has become brown and soft by wearing, the deep black color and the consistency it had when new. Be careful not to have too much glue, and to put plenty of bluing into the second suds and the stiffening water.

A white lace scarf, fichu, or pelerine may be washed by laying it in a cambric handkerchief folded over so as to enclose the scarf and secured by a thread. Dip it in cold

water ; make a strong lather with warm water and white soap, and let the scarf rest in it all day ; in the evening make a fresh lather and put the scarf in, having squeezed it well. Next morning shave a quarter of a cake of white wax, add six lumps of sugar and a tablespoonful of thin starch, and two quarts of soft water. Put this mixture over the fire in an earthen or porcelain kettle ; when it has come to a boil, put in the lace, and boil ten minutes ; then take it out, open the handkerchief, and if the lace is not clean, boil it longer. Then take it out of the handkerchief, and throw it into cold water. Press it until it does not drip, open it, stretch it even, and hang in the sun ; when nearly dry, take it in, and iron it carefully on a linen cloth.

CHAPTER VIII.

EGGS AND MACARONI.

WHEN the first warm weather comes in spring, the languor of the season is very generally felt, and with this lassitude often comes a loss of appetite. Food that has been relished no longer tempts the palate, and one turns from heavy meats and strong soups with repugnance. This is nature's own way of demanding a change of diet. Heating things must be put on one side, and in their place must come less stimulating food. Eggs naturally form a large part of the spring diet. As nearly as may possibly be, they represent a type of perfect food. They are nourishing without being stimulating; and they certainly do not create animal heat, a very desirable trait at this season.

In the spring eggs are plentiful and cheap, and even in the city it is quite possible to obtain them fresh. Not merely freshly brought in from the country, but freshly laid. "There is a distinction with a difference" between the two kinds, and this you will be very quick to perceive after one or two experiences. You will, of course, have to pay more for the fresh eggs; but this is one of the cases in which the costliest article is the cheapest, and the cheap one is dear, no matter how little you may pay for it. You can make your own mental calculations, and soon convince yourself of the truth of this statement. You may be asked twice as much for freshly-laid eggs as for the common ones you will find at every store. Of

the latter you are quite likely to find fully one-half that are stale, and the rest so near it that there is no pleasure in using them. The former will all be good, full, and meaty.

Eggs with dark shells are richer than those whose shells are light. This is a good thing to remember in selecting them.

When eggs are comparatively inexpensive, they should be freely used. There are so very many ways of cooking them, that they may be varied almost indefinitely in the form of serving. Boiling is one of the most frequent ways of cooking them, and is probably the most universally satisfactory way. Every woman thinks she knows how to boil an egg, and probably she does; but the question is, Does she know the best way? For even in egg-boiling there is a best way. You know how the ordinary cook prepares them: they are all plunged into furiously boiling water. If they are to be soft-boiled, they are taken out in three minutes; if they are to be hard-boiled, they are left ten minutes. And what is the result? In the first, the white of the egg has hardened unevenly, while the yolk is not cooked at all. In the latter, the white and yolk are both hard, and the yolk is as heavy as a ball of lead. No wonder the notion has gone out, that the hard-boiled egg is indigestible. Only a person with the digestion of the ostrich could expect to eat it without fear of ill results. But properly cooked, the hard-boiled egg is as healthful, and as easily digested, as the rare egg.

Mr. Mathieu Williams, in his "Science of Cooking," makes a special point of the proper manner of cooking eggs by boiling, and he lays great stress on the importance of doing it in the right way. The proper rule for cooking eggs so that they will be soft or rare done is to put them in a saucepan, and cover them with boiling

water. Let them stand for about ten minutes, where the water will be kept evenly just below the boiling point. If you have a kitchen thermometer, it is well to mark the heat of the water, and to keep it at 180°. When they are done, the white of the egg will be of a soft, jelly-like consistency, and the yolk soft but not liquid. The consistency will be about that of a boiled custard throughout, and the flavor will be found very fine. They should be served as soon as they are cooked, otherwise they will harden by being kept in the hot shell. Eggs that are to be hard when done should be slowly boiled or simmered for twenty minutes. The yolk will then be dry and mealy, and will be quickly penetrated by the gastric juices. Physicians are ordering eggs cooked in this manner for their patients; and some of them go so far as to pronounce them less harmful, even, than when they are cooked in the old-fashioned way of soft-boiling.

Everybody likes OMELETS, and with a little care they may be easily made. The following rule will be found one of good proportions, and the omelet is much lighter and more delicate than one in which flour or corn-starch is used to lessen the number of eggs required. Two eggs, two tablespoonfuls of milk, one saltspoonful of salt, and a quarter of a saltspoonful of pepper. Beat the yolks until they are light and thick; add the milk and the seasoning. Beat the whites until they are stiff and dry; cut and fold them lightly into the yolks until just covered. Have ready a clean, smooth omelet-pan; when it is hot, rub it round the edges with a teaspoonful of butter on a broad knife; let the butter run all over the pan, and when it is bubbling, turn in the omelet quickly, and spread it evenly over the pan. Lift the pan from the hottest part of the fire, and cook carefully until slightly browned underneath. Slip the knife under, to keep it from burning in the middle; put it on the oven-

grate to dry, but not to brown, the top. When the whole centre is dry as you cut into it, run a knife around the edge, then under the half nearest the handle, and fold over. Tip the omelet out on to a hot platter, and serve at once. Chopped ham, chopped parsley, chopped oysters, or chopped mushrooms may be added to the yolks before cooking, and you will have a fancy omelet, which will bear the name of the ingredient used.

* Many find folding the omelet troublesome. For those I will give a **BAKED OMELET**, sent me by Mrs. Brooks of Concord. It came with the bread receipt, but I have had no opportunity of using it before. It is most delicious. The whole will make an omelet large enough for half a dozen persons. Boil one pint of milk; melt in it one tablespoonful of butter and one teaspoonful of salt, and stir in a tablespoonful of flour rubbed smooth with a little cold milk. Pour this upon seven or eight eggs that have been beaten two or three minutes, and stir very fast until well mixed. Then pour into a hot buttered earthen dish that would hold more than a quart, and bake about twenty minutes in a very hot oven until the omelet has risen very high, and is of a rich brown color. Serve at once, or it will fall. And, by the way, all omelets should be eaten as soon as they are cooked, or they will be heavy.

Stuffed eggs are excellent for luncheon. Boil as many eggs as you wish to serve, twenty minutes. When they are cool, remove the shells, and cut carefully lengthwise. Remove the yolks, and put the two halves of each egg together so that they may not get mixed. Mash the yolks, and for every half-dozen add a teaspoonful of soft butter and a few drops of onion-juice; add half as much potted or devilled ham, or tongue, as you have yolks, and mix thoroughly together. Or you may use minced chicken, lamb, or veal, and season to taste with salt, pepper, mus-

tard, and chopped parsley. Fill the whites with the mixture; smooth them, and press the two halves together, being careful to fit them just as they were cut. Spread the remainder of the yolk mixture on a shallow dish, and place the eggs on it; cover with a white sauce, sprinkle buttered crumbs over the whole, and bake until the crumbs are a delicate brown.

BAKED EGGS are simple and nice. Butter a plate, and break as many eggs into it as it will hold, taking care that the yolks are left whole. Put a bit of butter and a dash of salt and pepper into each yolk, and place in the oven until the whites are set. Or, the eggs may be broken separately into buttered cups, then over the top of each strew a thin layer of chopped ham, and then cover with buttered crumbs, and put it into the oven until the whites are set. Any of these ways of cooking eggs will be found nice, and will be a variation from the usual modes of boiling and frying.

PICKLED EGGS make a delicious lunch relish with cold meat. It is not expensive if you take the time to do it when eggs are plenty and cheap, and it cannot be excelled for piquancy and delicacy of flavor. Boil three or four dozen eggs for half an hour; let them cool, then remove their shells, and place them in layers in wide-mouthed jars. Season vinegar with whole peppers, cloves, allspice, ginger, and onion. When the vinegar is well seasoned and scalding hot, strain it over the eggs; and when cold, cover very closely, so that no air can be admitted. The eggs should be well covered with the vinegar, and in a month they are quite ready for use.

I think that macaroni as a form of food is not half appreciated. It is capable of being served in so many ways, each so nice and appetizing, that it seems a pity more persons do not have it as a regular dish upon their tables. There are physicians who recommend its use in

place of potato, as a vegetable, especially during the season in which new potatoes are not yet ripe enough to be wholesome, and old potatoes are rank and hard. As a substitute for that vegetable, the macaroni cannot be improved upon. More delicate than the large pipe-stem is the smaller kind known as spaghetti. This is much smaller than the macaroni that is generally used, and not so small as the vermicelli, although in taste it resembles the latter in not being coarsely flavored. Always cook macaroni in plenty of well-salted, hard-boiling water. If the water is not boiling, the macaroni will have a tendency to dissolve and become pasty and disagreeable to the taste; if there is but little water in the kettle, it will stick to the bottom, and will burn, giving a scorched flavor to the whole; there must be so much water, that, as it boils, it will keep the macaroni well borne up to the top of the kettle. Boil until it is tender, but not mushy; the beauty is in keeping the shape perfectly. It takes from twenty-five to thirty-five minutes to cook it after it is boiled; if you are going to cook it again in any way, it is a good plan to drain it, and pour cold water over it to keep the pieces from sticking together.

The large macaroni should be broken into pieces about three inches long before cooking, but spaghetti is usually served unbroken. Take a handful of the long sticks, and plunge the ends into rapidly-boiling salted water; as they soften, bend and coil the spaghetti in the water without breaking it, until it is all in. It will soften in an incredibly short time.

Very often macaroni is served simply boiled, and seasoned with butter and salt. A flat variety called egg macaroni is especially nice served in this way, better even than the other kinds. It is more expensive, as the paste is made with eggs, instead of water and flour. The other kinds are thick pastes made from wheaten flour mixed

with a small quantity of water, and made to take various shapes by being forced through holes in metallic plates.

BAKED MACARONI may be prepared either with or without grated cheese. Any dry cheese may be used for this purpose, but by far the best is the Parmesan. Its flavor is fine, and it has the right consistency, making, when grated, a fine dry powder. To prepare the macaroni for baking, break one-quarter of a pound of it into three-inch pieces, and put into boiling salted water. Boil twenty minutes, or until tender; drain in a colander, and pour cold water through it to cleanse and keep it from sticking. Cut into inch pieces. Lay the strips on a board parallel to each other, and cut through them all at once. Butter a shallow pudding-dish, and put the macaroni into it; cover with a white sauce, made with a cup and a half of hot milk, one tablespoonful of butter, and one tablespoonful of flour. Heat the milk in the double boiler; melt the butter in a small saucepan, and when it is bubbling stir in the flour; do not let it scorch or burn, but as soon as the flour is stirred well into the butter, and it is entirely free from lumps, add about one-third of the boiling milk, stir until smooth, then add another third, finally add the remainder of the milk, return to the double boiler, and cook for five or ten minutes; season to the taste with salt. When ready, pour it over the macaroni. Mix two-thirds of a cup of cracker-crumbs with one-third of a cup of melted butter, and sprinkle over the top, and bake until the crumbs are brown. If cheese is liked with it, use half a cup of Parmesan cheese grated. Put part of it with the macaroni, and mix the remainder with the crumbs. Or you may serve macaroni *à la crème* by pouring a rich white sauce over the macaroni, and serving it without baking. In this case the grated cheese is passed on a separate dish, and each person takes what he likes, whether it be more or less. Still another way of preparing baked

macaroni without cheese is to chop two hard-boiled eggs very fine, and mix them with the macaroni, which has been prepared by the first rule ; butter a dish, and put the macaroni and chopped eggs in layers, sprinkling each layer with salt and pepper ; a little made mustard may be added if you wish to increase the seasoning. Cover with milk and buttered crumbs, and bake until brown. Spaghetti and tomatoes, or ITALIAN MACARONI, is a favorite dish in my own family. It is sometimes served at dinner in place of soup ; sometimes it is served for luncheon with bread and butter, no meat being served with it. It is a delicious dish, and the receipt was given me by a lady long resident in Florence. The proportions of spaghetti and tomato are one pound of the former to one can of the latter. Boil the spaghetti in plenty of boiling salted water until tender. Make a tomato-sauce by using one can of tomato, a cup of water, two tablespoonfuls of chopped onion, two tablespoonfuls of butter, two tablespoonfuls of flour, a teaspoonful of sugar, a teaspoonful of salt, half a saltspoonful of pepper, and half a dozen whole cloves, and stew half an hour ; melt the butter in a saucepan, and fry the onions in it until they are a delicate brown ; stir in the flour, and when well mixed, stir into the boiling tomato, and stir constantly for about ten minutes ; strain through a fine wire strainer, and set it where it will keep hot. Have ready a deep platter with half a cup of melted butter or the same amount of olive-oil ; when the spaghetti is done, drain it through a colander, pour into the platter, and mix well with the oil or butter ; you will do this by raising the spaghetti up and down through this with a salad-fork or spoon ; when the butter or oil is absorbed, pour the tomato-sauce over it, sprinkle liberally with grated Parmesan cheese, and serve immediately. It is well also to put a dish of cheese on the table for those who like a greater quantity. Another way to serve it is

as a border to beef *à la mode*, and much of the success depends upon the sauce of the meat. Select a nice square piece from the top of the round, free it from fat and membrane, and skewer or bind it into an even square. Cut about three slices of nice fat salt pork into half-inch dice, and try out in a porcelain kettle ; when the fat is extracted, strain out the pieces of pork ; have ready an onion and a carrot cut into very small pieces, fry them brown in the pork-fat, then take them out, and set one side for further use. Brown the meat in the fat on every side ; when browned, cover with boiling water ; add salt until it is sufficiently seasoned, half a saltspoonful of pepper, a dozen whole cloves, the browned carrot and onion, also another small onion cut very fine, two tablespoonfuls of vinegar, or a bunch of herbs tied together so as to be easily taken out. Simmer slowly for five or six hours, keeping the water replenished if it boils away ; take out the meat, and put it on a large platter, with a border of spaghetti, which has been cooked during the last half-hour. Thicken the gravy with two tablespoonfuls of flour mixed in cold water, take out the herbs, add a cup of tomato-sauce, boil up once, and pour over the meat and macaroni. This will be found an inexpensive, a highly nutritious, and a delicious dish.

A fillet of veal may be cooked in the same way, and is very delicate ; the tomatoes may be omitted, and a can of mushrooms used instead. They should be cooked in the gravy, after the meat has been removed, for fifteen minutes. It is good economy to buy spaghetti by the box, rather than the pound. It keeps any length of time, and it costs much less when bought by the quantity.

CHAPTER IX.

KITCHEN AND CELLAR.

I AM an ardent advocate of cremation. There is nothing like it for purification and cleanliness. Of course you will understand that I mean entirely as applied to household refuse. Every thing that you don't know exactly what else to do with, burn, that is, if it is combustible. There is no such purifier as fire, and when refuse is burned it is out of the way once for all, and no possible harm can come from it. I burn every thing that will not do for other use, scraps from the table, potato-peelings, vegetable-parings, coffee-grounds, every thing of that kind. What in the world is the use of keeping about the pestilential slop-bucket or refuse-pail for the scavenger to empty on his weekly or semi-weekly visits? Of this refuse-pail, as a rule, I can only say, —

Its offence is rank, it smells to heaven, —

or, what is more to the purpose, to our houses. It is a breeder of disease. Always in a greater or less state of fermentation, it lets off the noxious gases which poison the system; and to this unsavory kitchen appendage may be traced many a case of typhoid, malaria, or diphtheria. It is not too strong a term to use, to say that it is an absolute breeder of pestilence. Now, do away with it, and burn every thing that would otherwise find a place there. Scraps from the table, bones, bits of fish, the scrapings from the sink, — burn them all, and get them out of the

way. When the bouquet loses its freshness, and is withered, don't toss it carelessly out of doors to add to the dirt that must be cleared away, but burn it at once. You have no idea how much this simple way of disposing of the refuse will add both to health and comfort. Try it, and, my word for it, you will never return to the refuse-pail again.

Much of the family health depends upon the care of the kitchen and working department of the house. If your sink-pipes run into closed, unventilated drains or cesspools, you are sure to get the poisonous air back again into the house unless your pipes are well trapped. Usually in the cities, where the water all runs off into the street sewers, and is carried off to some distant point, this trapping of refuse-pipes is part of the plumbing arrangements; but it should be occasionally examined to see that it is all right, and that the kitchen sink-pipe is not a source of malarial disease. In the country, people have grown so into the habit of believing that the country must of necessity be healthy, that they are likely to grow careless, or rather they are little likely to give special heed to sanitary matters, thinking that it is only in the city where these need attention. But carelessness grown of such assurance usually meets its punishment. It is better to have the kitchen-pipe run into an open drain, from which the water can be dipped or pumped daily; or else, if there is natural drainage, have it run so as to water the surface of the land about the outlet, not standing, but arranged so as to run off. Washing water should not be turned down the sink, but should be saved to put on the garden and lawn, as it acts well as a fertilizer, and is productive of good, whereas, if it is added to the accumulation of water in a drain, it may be equally productive of evil. At least once a week a solution of copperas in hot water should be poured through the pipes to cleanse and purify them,

and it is well also to occasionally put chloride of lime through in the interval, especially in hot weather; both the copperas and lime will dissolve the lining of grease which every pipe will get through which the dishwater is poured.

The dishcloth, in addition to being carefully washed, rinsed, and hung to dry, after washing dishes every time, should occasionally be washed in ammonia and water, or in pearline—although I don't advocate the use of pearline for clothes-washing, — then allowed to scald for a time before drying. A dishcloth seems harmless, but a story is told of a celebrated physician who was called to a family where typhoid-fever had broken out with great violence. As these cases were quite isolated ones, he was at a loss to account for its appearance. He determined to ascertain the cause if possible. He examined the drains, they were all right; he tested the water, that was pure; he found no fault with the cellar: but, by chance, he came across the dishcloth. It had not been properly cleaned after using, the odor from it was any thing but savory, and he at once seized upon that as the source of all the trouble. It seems a small thing, doesn't it? but if the physician's theory was correct, it was the source of much mischief. So keep your dishcloths clean, and also your floor and cleaning cloths, and your dusters. Wash them and scald them, and hang them so they will dry readily and keep well aired. It takes a very little bit of any thing to make an ill odor; and where that exists, always fear trouble. When dishcloths are past usefulness, burn them at once.

Another source of impurity is apt to be the refrigerator or ice-chest, especially if it is left to the care of the kitchen-girl. It does seem sometimes as though the average "general-housework girl" were entirely devoid of the sense of smell. She either is that, or she likes ill

odors in preference to any other. The ice-chest should be aired daily, if only for a few minutes at a time. Nothing should be put in that will affect the flavor of any article in the chest. Milk and butter should be kept in compartments by themselves, for there is nothing that will more readily absorb odors or flavors than these articles.

For this reason I prefer the refrigerator with separated compartments, to the ice-chest that has but one compartment, where meat, vegetables, fruit, milk, butter, every thing, goes in together. But, whatever you use, see that the shelves are wiped almost daily, if not every day, and the whole washed thoroughly in hot soapsuds, in which a little washing soda has been dissolved, at least once a week; then have it thoroughly rinsed with clear water, and left open to dry. Put the shelves and the corrugated zinc piece that covers the bottom out into the sun, to be thoroughly purified; let them remain for an hour at least, or longer if you can, as the refrigerator is not thoroughly dry at the end of that time. Clear the pipe that lets out the water, by using a bit of cloth wound round a skewer or a slender stick; then rinse with water in which soda has been dissolved, and it will be ready for the final rinsing with water. Of course the pipe only connects with a pan underneath that is emptied once or twice a day. After the chest has been washed and rinsed, wash this pan, and dry it before putting it back under the chest. Do not allow the pipe to be arranged to empty into a drain, for the trouble you are saved by not having to empty the pan will be more than doubled by inevitable harm that will come from having the food in the refrigerator impregnated with gases from the drain or sewer.

Ice will last much longer if it is covered with newspapers, or a piece of flannel or felt, so that the air will not reach it every time the door is opened or the lid lifted.

Always, if any thing is accidentally spilled on a shelf, have it wiped up at once. It won't be unless you look carefully after it yourself, and consequently one of the duties of the housekeeper should be to examine the condition of her refrigerator every morning. If she does this her girls will be careful, knowing that any neglect cannot escape the watchful eye.

The cellar, which, for some reason or other, is not considered a part of the house by a good many people, ought to have as good care as the rest of the house. It should be thoroughly cleaned every spring, when the rest of the house is being renovated. All vegetables should be removed, the walls brushed down, swinging shelves washed, and closets cleaned; the south windows should be opened during the middle of the day, and fresh air allowed to come in. After every thing has been removed, and the cellar cleaned, close the windows and doors, put a little sulphur in an old saucer or tin cover, set fire to it, and let it burn. This will destroy whatever fungous growth may have formed,—as some always will do in a cellar, especially if it be the least bit damp,—and is a good preventive of disease. If the fumes steal through the house, it won't hurt any thing; only be sure to have your silver well protected, so that it may not be tarnished by the sulphur smoke. After the sulphur has all burned out, leave the cellar closed for about an hour, then open the windows on all sides, and let the fresh air through. It would be conducive to general health if this were done two or three times during the year. It would destroy disease-germs, and act at once as purifier and disinfectant.

It should also be whitewashed once a year, as the lime sweetens and purifies the air, and makes it easier to see the dust that accumulates, so it can be brushed off. It

is well to do this in the spring, after the sulphur-burning, thus giving the final touch to the purifying. In this way your cellar may be kept clean and sweet, and food that is kept there will not have a musty, earthy taste, that it gets in cellars that are not properly cared for.

CHAPTER X.

MADE-OVER DISHES.

PROBABLY nothing puzzles the inexperienced housekeeper so much as to know what to do with the pieces. Often and often there will be left on the table a bit of meat that doesn't seem large enough for any thing, and yet is too nice to throw away. What can be done with it? Well, there are ways in plenty, and after one gets the knack of cooking, and understands the mysteries of flavoring, the possibilities of yesterday's dinner are really almost limitless. To be sure, one gets tired of the everlasting "warming-over in gravy," and of the perpetual "hash," that seem to bound the horizon of some housekeepers' desires or capabilities. Not that the warmed-over meats are not nice occasionally, and the hash something to be desired at times, but not all the time, nor in the same form of serving. You may eat hash under various forms, and yet, as it is called by some other name, you accept it for what it is called. Everybody is not so literal as the little fellow who, on being regaled with croquettes at a children's party, was asked by his hostess if he knew what it was that he was eating. "Yes'm," he replied, "hash." And so it is, when you come to think about it, a sort of sublimated hash, to be sure; but hash all the same. "Picked-up dinners," as they are called in blunt English, are by no means an unimportant part of most households. If you desire to call them by a more finely sounding name, you can speak

of them as *réchauffés*, and that will not seem quite so make-shifty as the picked-up dinner. Nevertheless, you may call it what you like, if only you make a success of the preparations. There are many people who think they must always have a fresh roast on the table at dinner, regardless of what was left over from the day before. For a large family, where the "left-over" is used for making breakfast dishes, and where there is but little left at the best, it is possibly necessary to have a fresh piece of meat daily. But in a small family it is needless expenditure, and often involves a waste that is positively criminal.

Yesterday's roasts or boiled meats may be put upon the table so daintily prepared and served, that they will be better liked than they are at first hand. But when one considers the way in which things are served for a re-appearance in many families, one does not wonder at the exclamations of disgust that are often heard when "made-over" dishes are referred to. Even when a roast is served cold, it is more often than not the case that the piece itself is put on the table exactly as it was taken off the day before, when it so arrogantly and persistently announces itself as a "remnant," that appetite, appeased by the memory of past freshness, turns away from the uninviting spectacle. How much better it would have been, had the slices been cut off, thin and delicate, placed upon a platter, and garnished a bit with parsley, or, if you haven't that, with cresses, or nasturtiums, or even geranium leaves! The appearance attracts, and the appetite is coaxed by the dainty manner of serving. But it isn't with cold meats that we have to do to-day: it is with the "made" dishes, or *réchauffés* as the French call them.

It has been said so often, that it has become almost a proverb, that "a French family would live upon what an

American family throws away." Now, while this may be something of an exaggeration, there is yet truth enough in it to carry the assertion along, and make it impossible for any one to controvert it. The reason for this is that sufficient attention has not been paid to cookery as either a science or an art, and that very many housekeepers really do not know how to make the best use of the materials they have on hand. Then, again, we Americans have rather lavish notions in regard to providing; and we are apt to assert, in a somewhat top-loftical manner, that "the best is none too good, and that we like things at first hand; no warmed-over stuff for us, if you please." Now, all this talk is the most arrant nonsense in the world, and proves several things: one is, that we are not good eaters, we do not know what the best results of cooking are; and another is, that we are loose economists, not to put it in a severer form and say even that we are improvident.

If any one should ask me what I consider the underlying principle of successful made dishes, I should answer without hesitation: Seasoning first, seasoning last, seasoning always. There is your secret in a nutshell. You can vary the same dishes indefinitely by a change in the seasoning. There are certain things that should always be found in a pantry. It is not enough to have the usual list of "four seasons," the salt, pepper, mustard, and vinegar; but there should be cayenne, one of the most valuable, and, when properly used, healthful, of all the list of condiments; celery-salt, to be used when fresh celery cannot be obtained; celery-extracts for brown soups and gravies; Worcestershire sauce, curry-powder, horse-radish, tomatoes, onions, and, above all, herbs, sage, savory, marjoram, thyme, basil, rue, and bay. With this list of seasonings you can cook all the year through, and constantly have something new in the way

of flavor. If you have a square of ground large enough, have your own herb-bed ; and in that way you can vouch for the purity of your herbs, and you will know, when using them, that you are using the leaf, and not stalks, dirt, and every thing else that is liable to be introduced when herbs are ground in quantity by machinery. If you can grow your herbs, pick them when in blossom, tie the stalks together, and dry them, then use them as you like. If you have no facilities for raising them, buy them in bunches from the drug-store, rather than trust to the ground herbs put up in boxes. Also buy your bay at the druggist's. One bay-leaf is usually enough to use at one time.

Celery-seed is needful for making soup-stock ; and there should be in the pantry with it, whole cloves, whole allspice berries, and whole peppercorns.

A box of parsley growing in the kitchen window gives you all you will require for soups, seasoning, and garnishing. The onion is also needed for almost every made dish. Like other flavors, this should be quite unobtrusive, so subtle that it cannot be analyzed ; but it is one of the most important factors in seasoning that can be used, and it forms a sort of basis for all other flavors. Worcestershire sauce is also an indispensable article in the store-closet, it assists so much in seasoning, especially of sauces. A bottle of curry-powder is as necessary as the bottle of salad-oil.

There are ways innumerable of preparing cold beef. It may be made into a stew, it may serve as a beef-loaf, it may be cut in thin slices and warmed with gravy, or it may be boiled until tender in salted water, and serve as the basis for a hash. In warming any meat over in the gravy, do not merely heat the gravy and then put the meat into it and boil a while, then pour into a platter, and serve without further seasoning. It is the common way, but it

is not the best way, by any means. A little more care and time will give you a delightful dish. Slice your meat quite thin, and put about a tablespoonful of butter or of clear beef-dripping in a spider or saucepan. When this is hot, put in a tablespoonful of chopped onion, and brown; when it is brown skim it out, but take great care not to have it burn. Then brown the slices of meat in the onion-flavored butter. If you use the clear dripping instead, sprinkle the slices of meat with salt before browning them. Remove the meat from the saucepan on to a hot platter, and pour in the saucepan the gravy left over from the roast; dilute with a little boiling water, from a quarter to a half a cup, according to the quantity of gravy that you have; let it come just to a boil, season to taste with salt, add two tablespoonfuls of Worcestershire sauce, and pour over the meat on the platter. You may, if you wish to make the dish look pretty, make a border of mashed potato about the edge, and set it on the grate in the oven for a moment to brown.

To vary this a little, you may, in place of the Worcestershire sauce, put in half a cup of TOMATO SAUCE. To make this sauce, you will use, for every half-can of tomatoes, one cup of water, two cloves, two allspice berries, two peppercorns, one teaspoonful of mixed herbs, two sprigs of parsley, one tablespoonful of chopped onion, one tablespoonful of butter, one heaping tablespoonful of corn-starch, one-half a teaspoonful of salt, and one-half a saltspoonful of pepper. Put the tomato, water, spices, herbs, and parsley on to boil in a granite saucepan. Fry the onion in the butter till yellow, add the corn-starch, and stir all into the tomato. Simmer ten minutes, add the salt and pepper, and a little cayenne-pepper, and strain. In cold weather this sauce will keep at least a week, and longer when it is well cooked. So, while you are about it, you might make an entire can of tomatoes

into sauce ; then what you do not wish to use immediately you can bottle. This sauce you will use for chops, for fish, for your casseroles, and for seasoning. When you open a can of tomatoes, if you only use one-half the can, pour the other half into an earthen dish, as the only harm that can come to canned tomatoes is from leaving them in the tin and exposed to the action of the air. Taking from the can just the moment it is opened, will usually insure good tomatoes, with all the flavor of the fresh fruit. A cup of this tomato-sauce is excellent as a finish for a curry.

A favorite way of serving up cold roast beef is by making it into a BEEF PIE, with either a flour or potato crust. Cut the meat into pieces about an inch square, and stew in just enough water to cover the meat, until it is nice and tender. At the same time parboil a dozen potatoes in another kettle. If you wish a bottom crust, line a pudding-dish with a paste made according to the recipe given below. Put in a layer of the beef, with salt and pepper, and a little chopped onion, then one of sliced potatoes with a little butter scattered upon them, and so on until the dish is full. Thicken the gravy in which the meat has been boiled, with a little browned flour ; cover with a crust rolled thicker than the lower, having a slit in the middle. To make the crust, use one quart of flour, three tablespoonfuls of lard, two and a half cups of milk, three teaspoonfuls of baking powder, one teaspoonful of salt ; work up very lightly and quickly, and do not get it too stiff. Bake in a moderate oven from three-quarters of an hour to an hour. This is Marion Harland's way, and it is nice enough to be the "way" for many housekeepers. To make the pie with the potato crust, mince some rare roast beef, season with pepper and salt, and spread a layer in the bottom of a pudding-dish. Over this put a layer of mashed potato, and stick bits of butter thickly

all over it; then another of meat, and so on until you are ready for the crust, having the top layer of the beef. To a large cupful of mashed potato add two tablespoonfuls of melted butter, a well-beaten egg, two cups of milk, and beat all together until very light. Then work in enough flour to enable you to roll out in a sheet—not too stiff—and, when you have added a gravy similar to the one given in the warmed-over meat, cover the pie with thick, tender crust, cutting a slit in the middle. You can use the potato crust, which is very wholesome and good, for any kind of meat-pie. It looks particularly nice if just brushed over with the beaten white of egg before it comes to table.

Still another and a simpler way of serving the remnants of roast beef is to cut the cold meat in thin slices, and lay them in a saucepan set in a pot of boiling water. Cover the meat with a gravy made of three tablespoonfuls of melted butter, one of walnut catsup, a teaspoonful of vinegar, salt enough to taste, and a dash of pepper, a spoonful of currant-jelly, a teaspoonful of made mustard, and some warm water. Cover tightly, and steam for half an hour, keeping the water in the outer vessel in a hard boil. If the meat is underdone, this is particularly nice. BEEF OLIVES, or rolls, are also very nice. Why they are called olives, it would puzzle the most subtle casuist to guess, for there is nothing about them to suggest the name. It is probably one of the "happenings," of which the world is so full. But never mind what they are called; they are good eating, and that is the chief thing, after all. Cut thin slices from cold roast beef, two and a half by four inches. Chop the trimmings and the fat, allowing one tablespoonful of the chopped mixture for each slice. Season highly with salt, pepper, and herbs, and mix with one-fourth as much cracker-crumbs as meat. Spread this on each slice nearly to the edge, roll and tie, dredge with

salt, pepper, and flour, and fry brown in drippings or salt-pork fat; put in a stew-pan, and make a brown gravy by adding two tablespoonfuls of flour to the fat left in the pan, and, when brown, pour on one pint of hot water. Season with salt and pepper; pour over the rolls, and simmer till they are tender. Remove the strings, place the rolls on a platter, season the gravy with tomato or Worcestershire sauce, and pour it over the meat. This will be found very nice.

And now, what to do with the tough bits left from the roast or the steak. Prepared in the following way, you will have a most nutritive and palatable dish. Cut them into inch pieces. Cut the bits of fat very fine, and fry them in a saucepan; when they are well browned and crisped, add a tablespoonful of chopped onion; into this seasoned fat, while it is hot and bubbling, stir a tablespoonful of flour, mix it well with the fat, and when it is brown, — taking care not to burn it, — add a cupful of boiling water, a tablespoonful of vinegar, as much cayenne-pepper as you can take on the point of a penknife, salt to taste, and about a quarter of a saltspoonful of pepper (take care not to use a teaspoon in this measure). This makes enough sauce for a large cup of the meat dice. Put the meat into this sauce, and simmer slowly, but do not boil, for two hours. You will find this a most delicious dish, and you may call it an “Exeter stew.” You can make this stew also of raw beef, using the rough parts of the round and shoulder. Two pounds of raw meat — which you may buy for seven or eight cents a pound — will make a stew sufficient for a family of five or six persons.

Are you already tired of hearing what to do with the pieces? Well, have patience a little longer, and you will, I sincerely believe, be glad to try some of the notions that may happen to be new to you, and will like them after you have tried them.

So far we have merely considered what shall be done with beef. A good deal may be done with veal, lamb, mutton, and poultry. The list of *réchauffés* of which these form the basis is much longer than that in which beef is included. Of course everybody knows minced veal or lamb on toast. Yet not every one knows how to serve it so that it will look attractive as it comes on to the table. Mince your meat, freeing it from every particle of gristle and membrane, and taking care not to make it too fine; heat it in a little hot water, to which has been added a tablespoonful of butter to every cup of chopped meat; salt and pepper to taste, and, if you like, a teaspoonful of celery-extract. If the meat is not moist enough, add a little more hot stock or water. Toast slices of bread, cut in rounds with the biscuit-cutter, butter them, heap each round with some of the chopped meat, and place a chopped egg on each mound. Garnish with a bit of parsley or nasturtium or geranium leaves. This is a very simple dish, but a very nice one, suitable either for breakfast or luncheon. Roast turkey may be served in the same way, using the gravy instead of the water and butter, and omitting the egg. The turkey-gravy is so rich that no butter is needed, and so hearty that the egg is really too much.

When part of a turkey is left from dinner, the scalloped turkey is inevitable in families where the housewife understands preparing it; and it is so simple that it should be seen oftener than it is. Cut the meat from the bones of yesterday's roast or boiled turkey; remove the skin and bits of gristle, and chop up the rest very fine. Put in the bottom of a well-buttered scallop-dish a layer of cracker or bread crumbs; moisten slightly with milk, that they may not absorb all the gravy to be put in afterward; then spread a layer of the minced turkey, with bits of stuffing, pepper, salt, and small pieces of butter, another layer of cracker wet with milk, and so on until the dish

is nearly full. Before putting in the topmost layer, pour in the gravy left from the turkey, diluted with a little hot water, and seasoned with Worcestershire sauce. Have ready cracker-crumbs, mixed with melted butter, to lay over the top. There should be just enough to spread smoothly on the top of the scallop. Bake until the crust is brown.

Cold duck may be used up in a very appetizing fashion, and in an easy manner. Cut the meat from the bones, and lay it in a saucepan with a little minced cold ham; pour on just water enough to cover it, and stir in a tablespoonful of butter. Cover, and heat gradually until it is near boiling. Then add the gravy, diluted with a little hot water; a great-spoonful of catsup, one of Worcestershire sauce, and one of currant or cranberry jelly, with a glass of wine and a tablespoonful of burned flour. Serve on a hot platter.

Lamb, veal, or mutton is always good in a curry, that is, of course, for those persons who like curry; and I find the number to be increasing all the time. Take a couple of slices of clear fat salt pork; cut in dice; try them slowly out; then, when the fat is well extracted, skim out the pieces. Brown half an onion, cut in small pieces, very carefully. When they are brown, skim them out. Mix half a teaspoonful of curry-powder with a heaping spoonful of flour; stir them into the hot fat, and, when they are well mixed, pour in a cupful of hot water, and stir until smooth. If the gravy is too thick, add still more water. Lay the pieces of meat, sliced thin, into this sauce, and let them heat through. Take them out into a hot platter; add half a cup of skinned and stewed tomato, and a little salt if it is found necessary. Let the sauce boil up once, then pour over the meat. Serve with boiled rice arranged as a border around the platter. If one likes the sauce quite hot, the amount of curry-powder used may

be increased to a teaspoonful. The half-teaspoonful gives a pleasant flavor, but does not make the dish very hot with the seasoning. Those who object to the use of salt pork may substitute clear dripping or butter for it. But the pork gives a better flavor; and if you know the antecedents and history of the pig whose pork you use, you may feel quite safe in taking it as the basis of your curry. But if you haven't that certainty, and have clarified your own dripping, you had better use that.

All the meats that are referred to in this article are excellent when served as scalloped dishes. Chop the lean meat as for a mince on toast; free it from all gristle, skin, and membrane. Butter a scallop-dish, strew it with finely rolled cracker-crumbs. Put in a layer of the meat, seasoned with a little salt and pepper, moisten with gravy or stock; if you do not have either, use hot water in which butter has been melted; strew on this a teaspoonful of onion chopped very fine; add another layer of the chopped meat, moisten and season as before; when the dish is half full, put in a very thin layer of crumbs, scarcely enough to cover; fill the dish with the different layers as at first directed; cover the whole with a layer of crumbs moistened with butter, and cook about half or three-quarters of an hour. If you like, you may finish with a layer of oysters, put on just before the buttered crumbs. You will find this dish, when made either of veal or lamb, perfectly delicious. Once tried, this dish will be often found on the family table.

Mrs. Lincoln's way of serving remnants of cold meat in a casserole is very nice; and, as it is easily prepared, it is quite a favorite. Boil one cup of rice until it is tender. Chop very fine half a pound of any cold meat, either lamb, mutton, veal, or turkey; you may also use beef in this dish; season it highly with half a teaspoonful of salt, half a saltspoonful of pepper, one saltspoonful of celery-

salt, one teaspoonful of finely chopped onion, one teaspoonful of chopped parsley, and one saltspoonful each of thyme and marjoram; add one beaten egg, two table-spoons of fine cracker-crumbs, and moisten with hot water and stock enough to pack it easily. Butter a small mould, line the bottom and sides half an inch deep with the rice, pack in the meat, cover closely with the rice, and steam forty-five minutes. Loosen it around the edge of the mould, turn it out on the platter, and pour tomato-sauce over it.

Veal may also be prepared for luncheon or tea in the following fashion: Take any cold veal, either roasted or boiled, chop it fine, and season with salt, pepper, and lemon-juice; add two or three tablespoonfuls of cracker-crumbs, and moisten with hot soup-stock or hot water. Take one-third as much finely chopped ham as veal, season with mustard and cayenne, add one tablespoonful of cracker-crumbs, and moisten it with hot stock or water. Butter a mould, and line it with slices of hard-boiled egg. Put in the two mixtures irregularly, so that when cut it will have a mottled appearance. Press in closely, and steam three-quarters of an hour. Set away to cool, and slice before serving.

These are only a few of the many ways in which the cold pieces may be fixed up for use.

The housekeeper who is ingenious, who enjoys trying experiments with her cooking, and who has intelligence and enthusiasm combined, may find out many ways for herself of "using the pieces," that will be better than any thing she may learn from the cook-books.

CHAPTER XI.

A CHAPTER OF NOTIONS.

IF there is any thing that is dreaded by the family, from the housekeeper down, it is the inevitable "spring-cleaning." It is not such a bugbear as it used to be, when the whole house was turned upside down at once, and chaos reigned supreme for days. The housekeeper of the present has learned through experience to take only one room at a time, and get that in order before she begins another. In that way the discomfort is reduced to the minimum, and the bodily fatigue of the housekeeper is not so great as it is when she is surrounded by confusion. If she is right sensible (and I am sure most women are), she does not undertake it until the furnace-fires are out, or, if there is no furnace, until the stoves are down, as the coal-dust and the ashes will make dirt in spite of every thing. But there are some preliminary things that may be done. The store-closets may be overhauled and cleaned, and the camphor chests and trunks be made ready to receive the woollen clothing, extra blankets that will not be needed in the summer, and the furs.

I have found the best way of putting away things for the summer to be as follows: If you have not a regular camphor-trunk, that is, a chest made of camphor-wood, take an ordinary trunk or chest that is well covered, so that it is perfectly tight, and put a layer of camphor-gum in the bottom of it. Do up each article separately in a clean cloth, then do them up in newspapers, pasting the

ends so they will be perfectly tight. What there is about printers' ink that moths dislike so, it would be difficult to say; but there is something about it they don't approve of. I speak with a good deal of confidence on this matter, for I have treated furs of all kinds and woollen garments in this way for several years, and I have never had a moth get into a thing that was so protected.

Blankets I simply fold as large as possible to fit the trunk, avoiding more creases than are necessary, and lay them on the bottom of the trunk, without putting into papers, placing bits of camphor between each layer. If the trunk is not filled with the blankets, I put in the woollen underclothing, etc., then in another trunk the underclothes, cloaks, furs, hoods, and overcoats, these being done up in newspapers, a layer of camphor in the bottom of the trunk, and in the pockets of the coats and cloaks small pieces of the camphor-gum.

Take some bright, sunny day for your work of packing. Bring out every thing that is to be put away until autumn. Beat out all the dust, and hang all the things in the sun for a few hours, then shake them very hard, and they are ready for the packing, which should be done at once.

If you chance to live anywhere near a distiller's, you may protect yourself absolutely against moths by procuring a tight cask that has held whiskey, and using it to pack in. See that it is perfectly clean and dry, but do not wash it. When the cask is filled, nail the head on tightly, and let the whole remain undisturbed until the warm weather is over. In the autumn select a clear, dry day for unpacking them, and when open expose them all separately to the air until the odor of the whiskey has gone off. If they have been put away clean and free from dust, it will be found that the whiskey atmosphere has brightened their colors. As soon as the things are all out of the cask, head it up again immediately, and keep it for

the same use another summer. Taken care of, it will last several years, and be efficacious. In using trunks, if you find one inadequate, put bed-blankets, woollens, table-cloths, and underclothing into one, reserving the other for furs and clothing. Do not, if you can avoid it, open the trunks after they are once closed, until it is time to unpack them in the autumn, and then treat the contents exactly as you do those that have been packed in the whiskey-cask. In putting away woollens for the season, always keep out a blanket for each bed, and some flannel for each member of the family, to be used during the cold, east-windy days of summer, such days as we know very well in this climate.

The trunks thus being ready, and the closets cleaned, it is a good time to look over the stock of family linen. Sheets that have grown thin in the middle can be torn in two, overseamed at the edges, thus bringing the sides of the sheets in the middle; hem the sides nicely, and your sheets will last certainly for another year, and will be cooler and more comfortable for summer use than those made from new cloth. Sheets that have been treated this way before, and are worn thin, may be torn up into strips, and rolled into bandages, and put into the "bandage-bag," ready for use in case of accident or sickness. By making two or three sets of sheets each spring, and fixing the partly-worn ones, a plentiful supply may be kept on hand; and there will be no giving-out all at once, as is very likely to happen in families where this care is not taken.

And just here I want to enter a protest against scant sheets, those that are cut in such scrimping lengths that they will barely cover the mattress without leaving enough to tuck in securely. Have the cloth wide enough to come well over each side and tuck under, long enough to have generous hems at both ends, with length enough

to tuck under, so that they will cover the shoulders and be securely tucked in at the bottom. It may be only a notion of my own, but I do not like machine hems on either sheets or pillow-slips. It is next to impossible to prevent the fine dust from settling along the line of the hem, and leaving a gray streak in spite of care in washing. Then, too, there is something refined, ladylike, and dainty, about the hand-hemmed bed-clothing. I have a respect amounting to veneration for hand-sewing. I know perfectly well that the machine is a great helper in many ways, and there is so much that must be done that machine work cannot be dispensed with; but, as far as I am concerned, I will take time from something else to hand-hem the bed-linen. Nobody ever has a notion, you know, without being called upon to defend it very strongly; and mine is no different from the rest. I have adhered to it through much good-natured ridicule, both in the family and out; but I have carried my point, and found a host of sympathizers.

Table-linen comes next in order; thin places should be neatly darned and stayed, so that the table-cloth will last longer than if it were neglected, and look more neatly than if it were allowed to come to a positive hole before mending. Nice darning threatened at one time to become one of the lost arts; but in this revival of household interest, it, too, has had a share of attention, and is being brought back to something like its old-time perfection. With cotton cloth so cheap as it is now, it almost seems useless to repair old garments, and I wouldn't do it very much, except for the purpose of teaching young girls how to repair in case of need. It is easier to learn to set a patch nicely on cotton than on woollen stuffs, as it is lighter and more easily managed. So if you have a good stock of clothing that needs little repairing, so little that it will not be poorer economy to repair than to renew, go

through these now, and make every patch and darn a practice lesson, so far as possible, for the young people about you.

Partly worn linen is cooler than the new, and so will be much more comfortable for warm-weather wear. Make new underclothing, as far as possible, in the autumn; as you need the protective warmth in the winter, and by the spring the garments will have got about comfortably thin for the summer. The cotton dresses, too, can be looked after.. It is expected that you have looked out for gingham, prints, and cambrics during the winter cheap sales of cotton stuffs; and during the early spring days these may be made up, so that when the warm weather comes the children's school-dresses are all ready, your own house-dresses in order, and you need give them no further thought.

As for the boys' shirt-waists, it is really cheaper to buy them ready-made at some furnishing store, than to take the time to make them up yourself. Even the woman who lives remote from the city may do this, since shopping by mail has come to be such a common practice. She need only send the necessary measures, and give some idea of color or figure she desires, and an almost return mail brings her order back to her filled.

In cleaning out closets and store-rooms in the spring, the housekeeper always finds a number of stone jars that have held mince, pickles, sweetmeats, etc., that are to be cleaned and put away for use another season. There is often much trouble and difficulty attendant upon the cleaning of the inside of these jars that have contained the various articles, so as to entirely remove all the odor of their former contents before they can be used for another purpose. If the jars are of stone, fill them up with scalding water, and let them stand a while. If of white-ware or glass, the water must be merely warm, for if it is hot it

will crack them. Then stir in a large teaspoonful or more of soda. Whatever of the former contents has remained sticking about, and adhering to the sides and bottom, will immediately disengage itself, and float loose through the water. Afterward empty the jar, and if any odor lingers about the inside, fill it again with warm water and a spoonful of soda, and let it stand undisturbed until the next day. Then empty it again, and rinse with cold water. Wash phials in the same way; also the inside of tea, coffee, and chocolate pots. Lye, poured off clear from wood ashes, will answer the purpose of cleansing as well as soda; and for large buckets, crocks, or other large vessels, lye may always be used.

To keep silver bright that is in constant use, it should be washed every day in a pan of suds made of good white soap and warm water, drying it with old soft linen cloths. Twice a week, after such a washing, give it a thorough brightening with finely powdered whiting, mixed to a thin paste with alcohol, rubbing it longer and harder where there are stains. Then wipe this off, and polish with clean, soft, old linen. There are many substances that communicate a dark inky stain to silver spoons, forks, etc., a stain sometimes so inveterate as to resist all common applications. A certain remedy is to pour a little sulphuric acid into a saucer, wet it with a soft linen rag, and rub it on the blackened silver till the stain disappears. Then brighten the article with whiting, finely powdered and sifted, and moistened with spirits of wine. When the whiting has dried in and rested a quarter of an hour or more, wipe it off with a silk handkerchief, and polish with a soft buckskin. Britannia metal is not so much used as formerly; still it finds a place in many closets, and it is always well to know how to take care of it. Dip a clean woollen cloth into clear sweet oil, and rub it very hard all over Britannia ware. Then wash it well in strong soap-

suds, and afterward polish it with finely powdered whiting and a buckskin. The inside of Britannia vessels should be washed with warm water in which a little pearlash has been dissolved. They should then be set, open, to dry in the sun and air. If not kept very nice, this metal will communicate a disagreeable taste to whatever it contains. There is so much copper in its composition, that almost any thing else is preferable to it. Scraps and clippings of woollen flannel should never be used for cleaning plate of any kind, as its roughness may scratch it. Never, if it is possible to avoid it, use a brush in cleaning silver; it is, however, sometimes found necessary to use a soft brush in cleaning chasing or ornamental frostwork; but, no matter how soft the brush is, never use it on a smooth silver surface. It is also well, after rubbing the silver with the chamois-skin, to further polish it by rubbing with a soft silk handkerchief. This will finish the polish nicely.

CHAPTER XII.

A NEW-ENGLAND DINNER.

IN a letter received by the Boston "Herald" from a far Western town among the foot-hills of the Rockies, the following pathetic bit of personal experience is given:

"As we sat down to dinner at the hotel to-day, Will pointed triumphantly to the bill of fare, upon which was printed in large letters: BAKED BEANS, BOSTON STYLE. Successive Saturdays and Sundays out of puritanical New England had made us long more than ever for the dish sacred to the city of east winds. We sent our orders, and waited—oh, how impatiently!—for the feast. It came at last; but alas, how were our hopes dashed! The pork was bacon; every thing out here is bacon flavored; the beans were—nobody knows what; they were 'mushed' beyond all recognition; and the result was— The English language hasn't words that are adequate to describe the result. The waiters were surprised at our openly expressed disappointment, and communicated their astonishment and its cause to the proprietor, who immediately interviewed us on the subject. He was quite concerned, for he evidently thought he had the real thing, and wanted to know how he had missed it. We tried to tell him, but our united eloquence seemed to make him more mystified than ever; so, giving it up as a bad job, I rashly told him that I would see that he had proper directions for the famous Boston dish. And now I must redeem myself, so I turn to what I consider my best authority. Can't the

'Herald' cook lay aside for a little the æsthetic dishes dear to Eastern readers, and teach some of the people here what a New-England baked-beans dinner really is?" Strange as it may seem, this letter had followed closely on the heels of another, also from the West, but from another portion of the country among the great lakes. The writer had been a student in Boston, living *en famille* with friends, and had come to care very much for Boston institutions, including, of course, baked beans. She wrote, "I have been trying to interest the home-cook in Boston dishes; and, after much turning-up of the nose, I induced her to try baked beans. I had no idea of methods. I had been content with results; and, when appealed to for directions, I could only say that pork was used, and the beans were oven-baked a long time. That was charmingly vague; but as none of the procurable cook-books gave the information, the home-cook proceeded on the scanty fund I had given her.

"Well, she put the beans in a dripping-pan, and laid the slices of pork over them, and kept them in the oven almost all day. When they came out, they were any thing but Boston beans, and we had to throw them all away.

"Now, won't the 'Herald' — for it has ever so many readers out here — tell us just how to get Boston baked beans?"

No one could resist two such appeals.

It might as well be said just here that the New-England housekeeper may omit this chapter, unless, indeed, she wishes to contrast the method here given with her own; and, frankly, this way is not the commonest way, but it certainly is the best. The first requisite to successful baked beans is a bean-pot.

Nothing else will do so well; this is one of the things that are an absolute necessity, and no make-shift will

answer the purpose. If the stores in the Western towns haven't a stock of bean-pots on hand, let them send for them, and don't try your beans until the bean-pot comes. Pea beans, that is, the smallest white beans, are the best to use, as they are more delicate in flavor, and make a more attractive dish. The beans should be carefully picked over the night before, and all the specked ones removed. If the beans are over a year old, they may be soaked over night in cold water, the water being turned off in the early morning and renewed by fresh.

If the beans are not a year old, they have not to be soaked over night, as they would grow too soft and mushy when cooked, — a result that is to be sedulously avoided. In the morning put them over the fire in cold water, and parboil them; they must not be allowed to become soft, and a slight parboiling is sufficient. No exact time can be given, as they differ in hardness according to age, but they must be tested. Take a few on a spoon, and blow them lightly; if the skin wrinkles, they are sufficiently parboiled, and should be taken from the fire at once. Drain them through a colander, and pour cold water over them, letting it run through; this not only rinses all the water from them in which they have been boiled, but gives them a certain consistency, which makes them much less liable to grow soft and break while baking.

• If the water in which they are boiled is well rinsed off, the beans will have a much more delicate flavor, and will be less likely to disagree with those who eat them. Lay a thin slice of fat salt pork on the bottom of the bean-pot, and on this a heart of an onion. Pour in the beans; have a piece of salt pork, weighing about a pound, ready, the rind scored every quarter of an inch, and put it in the pot with the beans, arranging it so that the top shall be even with the beans and the rest buried in them. If the pork is very salt and partially lean, very little salt will be re-

quired, perhaps none at all; but if it is fat and not so salt, allow an even teaspoonful to three pints of beans; put in a little mustard (about a saltspoonful), a heaping tablespoonful of granulated sugar, cover with cold water, and set in a very moderate oven, and bake from eight to ten hours, slowly and steadily. If the fire gets quick at all, and the beans are in danger of burning on the top, cover them with a saucer, in which water should be kept; or cut a potato in slices, and lay on the top of the beans. This will be found an excellent protection. Remember to keep the fire low and even. The beans should be cooked slowly, and the fire should be tended carefully, to keep an even heat; then, when they are served, they will be found of a light reddish-brown color, tender and whole.

If the water cooks away rapidly, replenish it from the tea-kettle, which should be kept full and boiling.

- The beans should not be dry, but pleasantly moist. Most people use molasses in place of sugar, but the sugar gives a finer flavor. Some persons like their beans quite sweet, and for this class two tablespoonfuls of sugar may be used. One trial will suffice to fix the amount of seasoning for each individual. Many persons may object to the onion, but they won't after they have once tried it. It gives a certain body and flavor to the dish, which it lacked before, and at the same time it does not give a definite flavor. No one would exclaim "Onions!" on eating it; but rather the inquiry would be, "What is it?" And that, you know, is the finest test of flavor. It should be, like perfume, elusive. Any one who cooks beans by these directions needn't fear putting the most fastidious visitor down to a dinner of "pork and beans," especially if it has the proper accompaniments of brown bread and Indian pudding.
- The genuine Boston brown bread is a steamed bread, but the New-England traditional brown loaf is baked;

both rules will be given here, and the housekeepers can make their own selection. Most of the brown bread eaten in Boston is baker's brown bread; but that made at home is so much more satisfactory that gradually people are beginning to make it for themselves, and to find that it is not so difficult a task as they had imagined. The following receipt is the one most generally used for the steamed brown bread: One pint of corn-meal, one pint of Graham flour (or one quart of corn-meal and rye-flour, mixed in the proportion of two-thirds corn-meal and one-third rye-flour), one teaspoonful of soda, one teaspoonful of salt, one pint of sour milk (or, better still, buttermilk), one cup of molasses. Mix the meal with the flour, so that they shall be well incorporated. Mash the soda and salt before measuring; sift them, and mix thoroughly with the flour; add the sour milk and molasses, which have previously been put together, and beat well. If not moist enough to pour, add a little warm water. Pour into a well-greased mould or pail, filling it only two-thirds full. Cover it with a tight cover, also well greased. Steam three hours in a steamer, or set the pail in a kettle of boiling water, with a rest on the bottom of the kettle to keep the bread from burning. Keep the water boiling steadily; and, as it boils away, replenish with boiling water to keep it at the same level. Four hours' boiling is even better than three, if you can manage to give it. Remove the cover at the end of that time, and place the mould in the oven for fifteen minutes to dry the crust.

The old-fashioned raised brown bread is preferred by many to the steamed loaf. It always is by those who were "brought up," as the saying is, on one of the New-England farms. Oh! there's an odor and a flavor to that brown bread which are wanting in every other kind.

I remember, not many years ago, meeting among the New-Hampshire hills a man high in political position in the country. He had been in the President's cabinet, had represented the country in one of the foreign courts, had served in both branches of Congress, and had been talked of in connection with the Presidency.

He had just come in from a tramp over his native hills. "I had the best dinner to-day I've had for years," he said. "I was riding by an old farmhouse on one of the Warwick hills, just as the good housewife was drawing a loaf of brown bread from the oven. It smelled just as my mother's used to when I came home from district school on a sharp autumn day. I declare, I haven't been so hungry since that time, as I was when that odor came wafted out to me. I just got down off my horse, threw the bridle over the fence, and went in, and asked for a bowl of brown bread and milk. I ate until the woman's breath was fairly taken away with astonishment. I don't believe she had ever seen brown bread and milk disappear in so marvellous a fashion. But it was so good; the milk had not been denuded of cream, and the bread was sweet and toothsome. I've eaten many an official dinner in my day, but none that have tasted so good as did that bread and milk, eaten from genuine delf bowl, in the kitchen of that New-Hampshire farmhouse. The only thing that troubled me was, I couldn't make my hostess take any pay. When I asked her how much my dinner was, she answered, 'Well, I guess we're about even. I don't begrutch a meal of vittles to a man as 'pears to be as hungry as you.'"

If he enjoyed telling the story, so did his hostess, who knew him although he never suspected it.

"Law!" she used to say to her intimates and friends, "Marshall Jewell came to my house once, and you'd orter seen him eat brown bread and milk. He was the

hungriest man I ever see ; guess they didn't feed him very well over to Rushy."

Here is the rule for the bread : One pint of yellow corn-meal, one-half a cup of yeast, one-half a cup of molasses, one-half a teaspoonful of salt, one saltspoonful of soda, one pint of rye-meal. This is the bread known in the vernacular as "rye and Indian." Put the corn-meal in the mixing-bowl. And, by the way, there is a sentiment in favor of a wooden mixing-tray for brown bread of this kind ; what the particular virtue of said tray is, no one can tell, but there is some special reason for its use supposably. Well, the meal is in the wooden mixing-bowl ; scald it with boiling water just enough to wet it, then let it stand ten minutes, then add cold water enough to make a soft batter. When lukewarm, add the yeast, molasses, soda, salt, and rye-meal. Beat it well, and let it rise over night, or until it cracks open. Stir it down, put it in a buttered and floured tin to rise again ; sprinkle flour over the top. Bake in a moderate oven for two hours. Yes, it is good ; and when it is stale, it makes the most delightful brown-bread toast. There is a sweetness about this bread that is quite wanting in the steamed bread.

Another kind of brown bread — one of the old-fashioned rules that has come down in families as an heirloom — is known by old New-England housekeepers, "thirded bread." Take one cup of white flour, — the St. Louis, and not the Haxall or new-process flour, — one cup of rye-flour or sifted rye-meal, one cup of yellow corn-meal, one teaspoonful of salt, three tablespoonfuls of sugar, and one-half a cup of yeast. Mix these thoroughly together, and then mix with milk which has been scalded and cooled, until it is thick enough to be shaped. Let it rise until it cracks open. Put into a brick-loaf pan, and when well risen, bake it one hour.

So much for the brown bread which is to accompany the beans; and now for the inevitable dessert, — Indian pudding, which, like the bread, may be either steamed or baked. Either way it is to be eaten with plain sweetened cream for a sauce. There is no other sauce that is so relished with Indian pudding, or that seems so exactly to belong to it, as this. A nice boiled Indian pudding is made by taking three pints of sifted Indian meal, half a pound of beef-suet, a quart of milk, half a pint of West India molasses, six eggs, three or four sticks of cinnamon broken small, a grated nutmeg. Clear the suet from the skin and strings, chop it as fine as possible, and mix it with the Indian meal; boil the cinnamon in the milk until it is highly flavored; then strain the milk boiling hot into the pan of Indian meal and suet, and add the molasses; stir the mixture very hard; cover it, and set it away in a cool place; beat the eggs till quite light, and add them gradually to the mixture as soon as it is cold; then grate in the nutmeg; dip a thick square cloth into boiling water, shake it out, dredge thoroughly with flour, and then spread it open in a deep pan, and pour in the mixture. Leaving one-third of the space vacant, allowing for the pudding to swell, tie the cloth very securely; and, to guard against water getting into it, plug up the little crack at the tying place by plastering in a bit of dough made of flour and water. Put the pudding into a large pot of boiling water, having an old plate at the bottom to keep it from sticking and burning, and boil it six or eight hours, turning it often, and replenishing the pot, when necessary, with boiling water from the kettle. Serve hot. This is a delicious pudding, and so is the following baked Indian pudding: Mix one cup of yellow corn-meal, one cup of molasses, and one teaspoonful of salt. Pour in one quart of boiling milk; add one tablespoonful of butter, three pints of cold milk, and one cup of cold

water, or two eggs; the water may be used when eggs are scarce and high, but the pudding, of course, is richer with them. Bake in a well-buttered, deep pudding-dish for eight hours, and bake very slowly. Do not stir the pudding, but cover it with a plate if it bakes too fast. There is the bill of fare for the genuine New-England Sunday dinner.

CHAPTER XIII.

WHAT TO EAT.

THE question of clothes, vexed and vexing though it be, is, after all, not much more perplexing than that of food. What we shall eat, and what we shall drink, is possibly a matter of more serious concern than the "wherewithal we shall be clothed." Almost every person has some notion regarding food, that he expects all the rest of the world to respect. But the rest of the world is so busy with its own particular fads in the same direction, that it can't stop to notice the idiosyncrasies of one individual. However, in face of all the notions, there are some general facts to be noted, in which everybody must of necessity be interested. In the first place, too much meat is generally eaten by persons of sedentary habits, resulting in dyspepsia, gout, rheumatism, and neuralgia. In cold weather, and with much physical exercise, it can be freely taken; but in temperate or warm weather a greater proportion of cereal food would improve the general health. The prevalent notion that grain food is not so strong and nourishing as animal food is not a correct one, as is proven by an analysis of the two kinds of food, which shows a similar composition. The muscle-making elements in beef, the fibrine and albumen, correspond with the muscle-making elements in wheat, gluten and albumen. The importance of fat in dietaries has heretofore been too little appreciated. Without knowing why, fat has generally been considered unwholesome, tending to produce

biliousness, corpulence, and heat, beside being a general clog and burden in all digestive processes. Oil has been avoided ; butter on bread has been scraped down to the smallest quantity, and the fat of meat has been sedulously trimmed. Mrs. Henderson, in writing on this subject, has said that fat is as necessary to the system as the muscle-making properties of foods. It not only serves to produce heat, but has an essential share in the tissue-making process. It does not produce the material, but influences the assimilation of the other principles of food by well-established processes. Although it is essential to the formation of every structure in the body, it is an especially essential constituent of the brain and nervous system.

Contrary to popular belief, a diet with a deficiency of fat tends to produce diseased conditions in the direction of scrofula and consumption. Cod-liver oil is not properly a medicine ; it is a fatty diet given with a view of supplying what is supposed to be lacking in the system. It is affirmed that if one takes and assimilates a sufficient quantity of fat in the ordinary diet, one is not liable to have consumption or nervous diseases. In foods supplying all the necessary elements for sustaining life, fat constitutes a considerable proportion, — for instance, milk, eggs, etc. Indeed, the yolk of the egg is about one-third fat. Fresh milk furnishes fat in proper proportions. Cream and butter furnish the most assimilable fat. Bread generously buttered, meat with streaks of fat, and the oil dressing on solids will ordinarily afford a sufficient supply. Eggs contain all that is required for the building and maintenance of the body. They are consequently a most invaluable article of food. The white is almost entirely albumen and water, with a trace of mineral ingredients, and the yolk contains the fat and other necessary constituents. But although they are a type of perfect food, eggs are not

intended to be eaten exclusively, any more than other foods. They are one of the most highly concentrated forms of food, and, being wholly destitute of starch, should be eaten with bread or rice. They are more easily digested when taken raw or slightly cooked. Continued cooking in any manner toughens the albumen, and renders it difficult of digestion. Always be sure that the eggs you use for food are perfectly fresh; never buy an egg about the freshness of which you have any doubt. At this season of the year eggs should be freely used, as they are nutritious, economical, and less stimulating than meat.

The value of milk as a food cannot be exaggerated. It is a complete diet in itself, containing in proper proportion every thing necessary for sustaining life. It is, of course, necessary that the milk shall be pure, and that the conditions in which the cows are kept shall be beyond criticism. In a sanitary point of view, the world would be better off if a larger proportion of milk was taken for daily food, and the amount of animal food and of tea and coffee were correspondingly reduced. Milk is not only nourishing, but stimulating; and the natural stimulus resulting from assimilable food is the only healthful and desirable one. Many diseases, such as rheumatism, dyspepsia, gastralgia, chronic diarrhoea, consumption, etc., are relieved or cured by a diet composed partly or entirely of milk. The milk treatment as practised in different parts of Europe has been very successful. When the milk cure is resorted to, the patient should gradually leave off his ordinary mixed diet until he reaches an exclusively milk diet. Nervous diseases have been very successfully treated by placing the patient on a milk diet, and at least one physician in Boston has used this treatment with admirable results. In perfect health, good pure milk is almost always digestible, but there are some with whom it disagrees, just as there are some persons who cannot eat

strawberries, and others who are quite unable to partake of apples without showing afterward all the symptoms of poisoning. Fortunately these cases are very rare, still they do exist.

The addition of lime-water to milk will correct it for persons inclined to acidity of the stomach, and will render the milk perfectly harmless. Skimmed milk, although not so tempting as that from which the cream has not been removed, will be more beneficial to those who require less fat. When milk is found to be indigestible, the difficulty is generally removed by taking it mixed with starch or grain foods; for instance, with rice, porridge, or bread. Milk and animal food, or milk and acid food, should not be taken together. Any one desiring to take a partial milk diet can take milk and farinaceous food for breakfast and for lunch or tea, and omit it at dinner, which may be a meal of meat and vegetables. Milk should be taken by the invalid slightly warm. No doubt the natural warmth of the milk when fresh from the cow is the best. Milk is better kept in glass than in any thing else. Indeed, all the best dairies now use glass jars for putting their milk into, even when sending to their customers. It can be kept a long time if it is put into well-scalded and perfectly clean glass jars which can be closely sealed by drawing patent wire clasps over the glass tops. Fruits are cooling, aperient, and nutritious, and are almost as necessary to a healthful diet as the grains, especially in warm climates.

Fruits, of course, play a prominent part in the summer's bill of fare; and nature, as if anticipating this demand, is most lavish at this season of all her most delicate gifts. The berries — strawberries, raspberries, blackberries, and blueberries — follow each other in quick succession. There are currants and cherries, crisp cantelopes and the cool melons. Then come the peaches and the pears; and the season of summer fruits is rounded off by

the luscious, juicy Porter apples, which come with the lovely days of September. Fruit should be constantly eaten by those with whom it agrees, and it should always find a place on the breakfast, luncheon, and dinner table. They cool and refresh those who partake of them, supplying grateful acids and fluids. They are grown in all inhabitable parts of the earth, and many of them can be kept in all seasons. Different varieties of fruits follow each other in close succession during the season of growth, the acid fruits coming generally in the spring, when the system needs anti-bilious food after the winter's heavy diet. Next to the apple, the grape is probably the most valuable in our climate. Its beneficial action seems almost medicinal. After eating the grape regularly for some time, when it is freshly picked from the vine, a sort of general exhilaration is produced; the blood seems richer, and a healthy glow of color comes to the cheeks. Beside the tonic effect, the grape contains much nourishment. They have in France, Switzerland, and Germany what are called grape cures, where persons suffering from dyspepsia, scrofula, gout, and cutaneous diseases, are healed during the grape season with much success. Patients eat the grapes to repletion several times a day, and at regular intervals, generally taking nothing beside but bread and butter and water. Hot-house grapes and the California grapes, after transportation to the Eastern States, will not take the places of the Isabella, Concord, Catawba, and other varieties grown in the open air.

Still quoting Mrs. Henderson, who has made this topic of what we shall eat one of vital importance, the banana is found to be a nutritive fruit. It contains a large percentage of starch and sugar, and enough nitrogenous matter to make it of alimentary value. It is similar in composition to the potato. In some tropical countries it is much used as a food, especially in Cuba, where the ne-

groes make a sort of *ragoût*, of which the banana is the principal ingredient. For invalids, berries with hard seeds, strawberries, raspberries, etc., are often quite indigestible. Many of our marketable strawberries are so very acid and devoid of flavor that they especially cannot be recommended to invalids.

Stewed fruits or compotes are very wholesome and beneficial for every one. They should be served in some form every day, provided a laxative diet is not at the time objectionable. Oranges are especially excellent in all febrile conditions, and they should be quite sweet. There seem to be as many varieties of oranges as of apples. Although a juicy, crisp, moderately sweet, and well-ripened apple is the most wholesome and digestible of fruits, there are apples which can defy the ordinary stomach, and which set the teeth on edge even to think about; so it is with some oranges, which are only fit for orangeade. The sweet, juicy, thin-skinned little Florida orange, and the more rugged-skinned, though juicy and sweet, Havana orange, can be judiciously given to almost any invalid, while their more common and acid relatives should be as carefully avoided. Baked apples, served with cream and sugar, are a standard dish for the sick-room, and are very nice for people who are in perfect health. They are digestible, laxative, and very wholesome. If fruits are not quite ripe, or do not agree with one, cooking them with sugar increases their digestibility. It would be a great saving of time and work, give a pleasing variety to bills of fare, and, above all, a great promoter of health, if people would use ripe fruit abundantly in its season at their tables. With the markets so bountifully supplied with so great a variety of fruits, it is to be regretted that it cannot be found at every table at least once a day. Much of the money expended for some kinds of meat would be better spent for fruit. Ripe fruit is especially

appropriate at the breakfast-table, and may be taken before or after the principal dishes, according to the individual needs and taste. Some people require the acid of oranges or grapes before they can eat any thing substantial; others might be made ill by their use at that time, but be benefited by them afterward. Each person must be his own judge as to when the fruit shall be taken; there can be no ironclad rule for it. All fruit should be served as fresh and as cold as possible. A dish of fruit which has been kept from day to day in a warm room may answer for an ornament, but it is not tempting to the palate. Only sound, fresh fruit should appear at table.

If it becomes necessary that the fruit shall be cooked, it must be done in the simplest forms of stewing or baking. Only a small amount of sugar is needed; and it is not well to prepare a large quantity at a time, as stewed fruits do not keep long. In cooking fruit, always use porcelain or granite kettles, earthenware dishes, wooden spoons, and silver knives; and pare just before cooking, that the delicate flavor of the fruit may be preserved, and its attractive appearance not impaired by discoloration.

One of the most healthful of all dried fruits is the prune. It is laxative and is very pleasant to taste, consequently is quite high in favor. Like most other things, it may be spoiled in the cooking unless care is taken. Nothing can be done in a hap-hazard way, not even so simple a matter as stewing fruit. To do the prunes nicely, you will wash them carefully; and, if they are hard and dry, soak them an hour before cooking. Put them into a porcelain kettle, with boiling water to cover them. Boil, closely covered, from five to ten minutes, or until swollen and tender. Then add one tablespoonful of granulated sugar for every pint of prunes, and boil only a few moments longer, but not enough to break them. Use only the best selected prunes. If they lack flavor, add a little lemon-juice.

A compote of apples is especially delicious when made from the juicy, yellow-cheeked Porter apples that ripen in September. Make a sirup with one cup of sugar, one cup of water, and a square inch of stick cinnamon. Boil slowly for ten minutes, skimming well. Core and pare eight or ten tart apples; cook until nearly done in the sirup. Drain, and cook them for a few minutes in the oven. Boil the sirup until it is almost like a jelly. Arrange the apples in a dish for serving; fill the core cavities with jelly or marmalade; pour the sirup over them; put whipped cream around the base, and garnish the cream with jelly.

The nicest way to bake apples is to core and pare them, using sour apples in preference to sweet ones, as they are more palatable. Fill the cavities with sugar mixed with grated lemon-rind. Add water to cover the bottom of the dish. Bake in a very quick oven until soft, basting often with the sirup. Quinces may be baked in the same way, adding a little more water, as they require a longer time for baking. When eaten hot, with butter and sugar, they are delicious. Hard pears may be prepared in the same way.

CHAPTER XIV.

DELICATE DESSERTS.

THE housekeeper who depends upon her own ingenuity for getting up odd and dainty dishes, especially for desserts and for company teas, is often at her wits' end to devise something new. She doesn't like to always be ringing the changes on the half-dozen or more dishes that she has made until she is quite sure that in all her friends' minds she is closely identified with them, and that, whenever she bids them to dinner or tea, they can repeat the whole bill of fare from experience at past similar occasions. Her own family, too, have grown capricious, — at least, that is what she calls it, — and want "something different" from the continual round of certain puddings and pies. It is no wonder that she grows discouraged sometimes, and wonders if all her care-taking pays; if it does, she isn't so sure that the payment is commensurate with the labor she has given. Courage and heart sometimes fail her alike, and she hasn't a bit of energy left to undertake what is before her. In this state of mind, while she recognizes the desirability of doing something worth while, she is really afraid to undertake any thing new. There is always more or less of uncertainty as to how the things will come out, and she is too nervously tired to try experiments. She has a receipt given her for pudding or cake or cream or pastry. What does the new receipt signify? It is only a naming of ingredients; and experience has taught her

that unless she knows just how to use the ingredients, they are of no value to her. It is the "just how" that troubles her, the knowing the very best and easiest way of arriving at certain results. So many women know just what the dread is, and yet there are others who delight in experimenting, never mind an occasional failure, while they rejoice exultantly in a success. To both classes new receipts, when properly given and explained, are a boon. It is by no means so difficult a task to make many dishes that look difficult, as is imagined; and there are so many desserts that would compel one to eat by their very appearance, that can be made as readily as any of the dishes that ordinarily find their way on to tables.

In the present chapter, several rules will be given for dishes of this kind; and to these will be added others that are more ambitious, but which may be undertaken by any housekeeper who has judgment and patience. Perhaps they are all old stories to her; but many of these delicate dishes are set one side because they are popularly supposed to be only "company dishes," that the housekeeper herself limits to her own range. Dainty things are none too good for one's own; and although the richest things and those most complicated are saved for dinner-parties and other like occasions, yet there is enough left for home use. There are always custards, either baked or soft; these served with fruit or with cake are nice enough for any time. Then there are the jellies, wine, lemon, or coffee; blancmanges; and so on through a long list of simple but delicious desserts, most of which will prove a good accompaniment to fruit.

One would never think, for instance, of serving a royal diplomatic pudding for a family dinner; but either the custard, the jelly, or the cream could be served by itself, and be as nice a dessert as any one would care to serve.

Some of the receipts belong to a generation gone by.

Here, for instance, is a pudding that was a great favorite with our grandmothers, and that figured always at a swell Fourth of July dinner. True to its patriotic intent, it is named the COLUMBIAN PUDDING. It is given in all its old-fashioned ways, and should be made exactly by the rule, disregarding all "modern conveniences" in the way of extracts, etc. The vanilla-bean can be got at a druggist's; and the flavor you will get from it will be richer, and at the same time more delicate, than can be obtained from any extract of vanilla. Tie up closely in a thin muslin bag a vanilla-bean cut in pieces, and a broken-up stick of cinnamon. Put this bag, with its contents, with half a pint of rich milk, and boil it (using, as a matter of course, a double boiler) a long time, until the milk is very highly flavored. Then take out the bag, set the milk back to keep warm, but not to cook more, covering it closely. Slice thin a pound of sponge-cake, and lay it in a deep dish. Pour over it a quart of cream, with which you must mix the vanilla-flavored milk, and leave the cake to dissolve in it. Bleach in scalding water two ounces of shelled bitter almonds, and pound them, one at a time, to a smooth paste in a marble mortar, pouring on each a few drops of rosewater to prevent their oiling. When the almonds are all done, set them away in a cold place until wanted. Beat eight eggs until very light and thick, and having stirred together hard the dissolved cake and the cream, add them gradually to the mixture in turn with the almonds and half a pound of powdered loaf-sugar, a little at a time of each. Butter a deep dish, and put in the mixture. Set the pudding into a brisk oven, and bake it well. Have ready a star nicely cut out of a large piece of candied citron, thirteen small stars, and several pieces of citron to represent rays; the rays should be wide at the bottom, and run to a point at the top. As soon as the pudding comes out of the oven,

while it is smoking, arrange these decorations. Put the large star in the centre, then the rays so that they will diverge from it, widening off toward the edge of the pudding. Near the edge, place the thirteen stars in a circle. That is as near to a genuinely patriotic pudding as you can very well get.

Fifteen or twenty years ago a pudding was often seen on the table that is rarely heard of now, and yet is a very delicate pudding, easily made, and ornamental also. It was one of the first of the meringue puddings to be introduced to the New-England housekeeper of more modern days; and it was called the DELMONICO PUDDING, in honor of the famous New-York *chef*. For this pudding, you will require a quart of milk, four eggs, four tablespoonfuls of corn-starch, an additional cup of milk, five tablespoonfuls of sugar, and a pinch of salt. Put the quart of milk over to boil in the double boiler. Beat the yolks of the eggs until they are thick and light; wet the corn-starch with the additional milk, and put the salt into it. Beat the sugar into the egg, mix with the wet corn-starch, and pour into the boiling milk. Stir rapidly until the mixture thickens; then set the dish in which it has been cooked, into cold water; the sudden change from the boiling water to the cold will keep the custard from curdling. As it grows cool, season it with a teaspoonful of vanilla extract. Pour it into a pudding-dish; beat the whites of the eggs to a froth, add four tablespoonfuls of powdered sugar, put the frosting on the top of the pudding, and set in the oven to brown. The pudding should be eaten cold. This pudding may be varied in different ways, but it will be the Delmonico pudding only in this way. It may be made into an ORANGE PUDDING by slicing four large sweet oranges, and covering them with sugar, letting them stand while you make and cool the custard. Have the oranges in the pudding-dish which

you are to use ; and when the custard is cool, pour it over the sliced oranges, and with a silver spoon stir the fruit through the custard ; cover with the meringue, and brown. In this case you will omit the vanilla flavoring, as the orange will give taste to the pudding.

In the summer this pudding is made into a very nice fruit meringue, by putting a thick layer of strawberries, raspberries, or chopped pineapple, on the top of the custard, and a meringue on the top of that ; the layer of fruit should be sprinkled with sugar before the meringue is put on. Peaches and sliced and quartered pineapples may be used with the custard, in the manner described in the orange pudding. When fresh fruit is not in season, a layer of jelly or jam may be put on the top of the custard, then the meringue on this. All these ways are perfectly delicious, and with the same basis you may have almost any kind of pudding you may desire.

In making custards, there are some general rules that may be laid down that will be found of service. The usual proportions to be observed in making **BOILED CUSTARD** are as follows : One pint of milk, the yolks of three eggs, three heaping tablespoonfuls of granulated sugar, one-half a teaspoonful of salt, one-half a teaspoonful of vanilla. This makes not only a plain boiled custard, but it forms the basis, when different flavorings are used, for other puddings. Scald the milk in the double boiler. Beat the yolks of the eggs, add the sugar and salt, and beat well together. Pour the hot milk slowly into the eggs, and, when it is well mixed, pour the whole back into the double boiler, and stir constantly until it is smooth and thick like cream. When it is cool, add the flavoring. Do not stir the egg into the hot milk, as there is danger of curdling, and a part of the egg will be left in the bowl. To prevent this, the hot milk is poured into the egg ; and it is not all poured at once, but slowly, so that the egg

will not curdle, but will thicken smoothly. Scalding the milk hastens the process, so that less stirring is required. When nearly thick enough, the foam on the top disappears, and the custard coats the spoon ; but the surest test is given by the sense of feeling. You are conscious that the custard is thick by the way the spoon goes through it. Do not leave the custard an instant ; take it off as soon as it is smooth, as it will thicken in cooling, and curdles quickly if cooked a minute too long, or if left in the boiler. Have a fine strainer placed in a bowl or pitcher before you begin to cook the custard, that you may strain it quickly. In making the Delmonico pudding referred to, or any other of the boiled custards into which corn-starch is introduced, the corn-starch is wet with cold milk, stirred until smooth, then beaten into the yolks of the eggs with the sugar and salt. The rest of the process is precisely the same as in the boiled custard with eggs. When the custard is to be used as a sauce, it should be thin enough to pour ; when to be served as a custard, it should be cooked a moment longer, to make it thicker. If you wish a very nice custard, you may use four or even five eggs to a pint of milk ; but for all ordinary purposes three are quite sufficient.

Boiled custards are much smoother when only the yolks of the eggs are used. Many combinations may be made, however, by adding the whites of the eggs after the custard is cold. Beat the whites stiff ; put them on a sieve, and cook over steam, or pour boiling water through them. The water will cook and stiffen the egg ; and, when well drained, it may be piled in rocky form on the custard. Or the white may be poached by dipping it by the spoonful into boiling milk. Serve the custard in a large glass dish, and pile the white in a mass, or put spoonfuls of it here and there on the custard, with bright-colored jelly on the white ; or serve in small glass custard-cups, with the

broken white of the egg and the jelly on the top. Or pour the custard over slices of stale sponge-cake that have been dipped in wine, and cover with a meringue of the whites, sweetened and flavored. Floating island, flummery, tipsy parson, etc., are names given to the different combinations of cake, boiled custard, and meringue. Chocolate custard is made by adding half a square of grated chocolate, melted, to the custard. You may make a cocoanut custard by adding a cup of grated cocoanut, or a macaroon by adding to the custard six macaroons soaked in wine.

Many persons like BAKED CUSTARD, as a dish served by itself, better than the soft boiled custards; but not many are so successful in making it as in making the boiled custard. It is a careful task, that of baking it, so that it will be perfectly smooth, and neither curdled nor too soft. In making the baked custards, the following proportions are to be observed: One quart of milk, six eggs, six tablespoonfuls of sugar, one saltspoonful of salt. Scald the milk in the double boiler; beat the eggs; add the sugar and salt, then the scalded milk. Strain, add a little nutmeg, and bake about twenty minutes in a deep dish, or in cups set in a pan of warm water; or steam in a bowl or in cups. Test the custard with a spoon; if it comes out clean, the custard is done.

Here is something that will serve either as a dessert or a tea-dish. It was one of the best liked of the old-fashioned sweets, and was called CAKE SYLLABUB. Half fill a glass dish with thin slices of sponge or almond cake. Pour on sufficient white wine to dissolve the cake. Then rub off, on pieces of loaf sugar, the yellow rind of two lemons, and dissolve the sugar in a pint of rich cream. Squeeze the juice of the lemons on some granulated sugar, about a scant half-cupful, and add it gradually to the cream in which the half-dozen pieces of block sugar have

already been dissolved. Whip the cream to a stiff froth, and then pile it on the dissolved cake in the glass dish. It should be heaped high above the edge of the bowl. If you have this on quite an occasion, when you wish to add to the decorative appearance of the table, you can put a ring of flowers around the edge of the dish. Roses are especially effective for this purpose.

More ornamental dishes are made with gelatine or cream, or a combination of both, than from any other ingredients. They are capable of being moulded into many shapes, and are so delicate, as well as ornamental, that it is a pleasure to make and serve them. Wine, lemon, and orange jellies, nearly every housekeeper knows how to make; still, there are some who do not, and the directions will be given for the benefit of such. The others may skip a few lines just here, and pardon the interruption that is made for the benefit of those who don't know. First, a word just here about gelatine and its uses. As it is now obtained, gelatine is so refined and clarified during the process of manufacture, that the use of the white of egg in making jellies is unnecessary. In the old way, when isinglass was used, this was indispensable. It is a genuine improvement on the old fashion, not only from the ease with which jellies may now be made, but in the flavor as well; for a great deal of the strength and flavor of jellies is lost in clearing them with eggs.

In selecting the gelatines for your store-closet, it is well to have both Cox's and Nelson's. The former will be used for jellies, and the latter for creams. Cox's gelatine makes the clearest jelly, and the slightly fishy taste which it has is entirely lost in the strong flavoring used in making the jelly. Nelson's gelatine is finer, softens quicker, and has a more agreeable flavor. It is therefore better adapted to the more delicately flavored dishes, like cream.

Never cook gelatine. Soak, but do not dissolve it, in cold water, in the proportion of one cup of cold water to one box of gelatine. It will soften in fifteen minutes if stirred often. Then dissolve in boiling liquid, either water, milk, or custard, and always strain through a fine strainer after it is dissolved.

To make **WINE JELLY**, you will use one-half a box of gelatine, one-half a cup of cold water, one pint of boiling water, the juice of one lemon, one cup of sugar, one cup of sherry or Sicily Madeira wine. Soak the gelatine in cold water for fifteen minutes, or until soft. Add the boiling water, lemon-juice, sugar, and wine. Stir well, and strain through a fine napkin into a shallow dish. Keep in ice-water until hard. When ready to serve, cut in cakes or diamonds, or break it up lightly with a fork. If you wish to mould it, or to use it for moulding crowns, add only two-thirds of a pint of boiling water. For **ORANGE JELLY** you will need one-half a box of gelatine, one scant cup of cold water, one pint of boiling water, one cup of sugar, the juice of one lemon, one pint of orange-juice. Soak the gelatine as directed in the wine-jelly; add the boiling water, the lemon-juice, sugar, and orange-juice; stir until the sugar is dissolved, and strain. For **LEMON JELLY**, use half a box of gelatine, one scant cup of cold water, one pint of boiling water, one cup of sugar, one-half a large cup of lemon-juice, one square inch of stick cinnamon. Soak the gelatine in the cold water until it is soft. Shave the lemon-rind thin, using none of the white; steep it with the cinnamon in the pint of boiling water for ten minutes; then add the soaked gelatine, sugar, and lemon-juice, and, when dissolved, strain.

Gelatine creams are very nice and delicate, and will serve often as a relief from blancmange. **SPANISH CREAM** is one of the most popular of these, and it is made as follows: Use one-quarter of a box of gelatine,

one-quarter of a cup of cold water, three-quarters of a cup of boiling water, the yolks of three eggs, three tablespoonfuls of sugar, one-half a saltspoonful of salt, one pint of milk, the whites of three eggs, one teaspoonful of vanilla. Soak the gelatine in the cold water until it is soft, then dissolve it in boiling water. Make a custard with the yolks of the eggs, beaten and mixed with the sugar and salt. Pour on the hot milk, and cook in the double boiler until it thickens. Then add the strained gelatine water, the vanilla, and the whites of the eggs beaten stiff. Mix all well, and turn into moulds wet with cold water. Place in ice-water, and when hard and ready to serve, turn out on a dish. SNOW PUDDING is another of the gelatine custard puddings, that is especially liked for a quite pretentious dinner. For this pudding will be needed one-quarter of a box of gelatine, one-quarter of a cup of cold water, one cup of boiling water, one cup of sugar, one-quarter of a cup of lemon-juice, the whites of three eggs, the yolks of three eggs, three tablespoonfuls of sugar, one-half a saltspoonful of salt, one pint of hot milk, one-half a teaspoonful of vanilla. Soak the gelatine in the cold water for fifteen minutes, or until soft. Then dissolve it in the boiling water, add the cup of sugar and the lemon-juice, stir until the sugar is dissolved, strain into a large bowl, and set into ice-water to cool, stirring occasionally as it stands. Beat the whites of the eggs to a stiff froth; and when the gelatine begins to thicken, add the beaten whites of the eggs, and beat all together until very light. When it is nearly stiff enough to drop, pour it into a mould. Make a boiled custard of the yolks of the eggs, the three tablespoonfuls of sugar, the salt, and the hot milk, and when it is cool add the vanilla. Turn the "snow" into a dish when it is well moulded, and ready to serve, and pour the custard sauce around it. The beating is the hardest part of this receipt.

Many sets of directions demand that the whites of the eggs be added to the gelatine mixture before it is cold ; and this adds materially to the labor of beating, as more time and strength are required to bring it to the necessary point of firmness and smoothness.

Mrs. Lincoln's "TROPICAL SNOW" is worthy a place on every table, and it is nice as a special dessert in summer, or as an ornamental dish at any season of the year. It looks very pretty on the table, and is as nice as anything well can be. It will require eight sweet oranges, one cocoanut grated, six red bananas, one glass of sherry wine or one-quarter of a cup of lemon-juice, — to most palates the latter is preferable, as it gives just the touch of acid that is required, — and powdered sugar to taste. Peel the oranges, divide into sections, and remove the seeds and tough membrane. Put a layer of orange in the bottom of a glass dish, pour over it a little of the wine or lemon-juice, and strew with powdered sugar ; add cocoanut and then the banana cut in thin slices ; repeat the process, using orange, cocoanut, banana, etc., as before. The top layer is to be heaped high in the centre, and sprinkled thickly with cocoanut and powdered sugar, and garnished around the base with slices of banana. Other combinations of fruit may be arranged to suit the taste ; and cocoanut cakes or macaroons crumbled used in place of the grated cocoanut, if one chooses, or if the cocoanut itself is not attainable, as sometimes happens, especially in country places, which do not have the conveniences of the large city markets. Another delicious dessert is called "AMBROSIA." Use one pound of stale sponge-cake, two ounces of almonds, one pint of boiled custard hot, half a pint of preserved fruits. These fruits may be of any kind, quince, peach, citron, or any sweet rich preserve that you may chance to have ; and there should always be, with whatever kind you take, a

bit of preserved ginger to give a flavor that is needed over and above that of the other fruit. Bleach and shred the almonds, and drain the fruit from the sirup. Slice the cake, lay it in a shallow dish, and pour the custard over it hot. When it has grown cold, wet two smooth moulds or bowls, holding about one pint each; put in a layer of cake, a sprinkling of shred almonds and bits of fruit, then another layer of cake, then almond and fruit, until the moulds are full, finishing with the cake. Let it stand on the ice until it is time to serve it. A dish that used to be seen almost as much as the Delmonico pudding, but which has been as unceremoniously set aside of late, is a "TRIFLE," and is another of the desserts of which a boiled custard forms the basis. Use for this "trifle" one pint of boiled custard, two gills of sherry or Sicily or Madeira wine, two ounces of sugar, the whites of six eggs, the juice of half a lemon, preserved strawberries as many as you think you will need, and sponge-cake. Take a glass dish holding about three pints, and line it with slices of the sponge-cake; cover it with a thin coating of boiled custard, then a layer of the preserved strawberries, another of cake, custard, and fruit; then cover with the cake. Pour the wine over the whole; beat the whites of the eggs to a stiff froth, and add the sugar and lemon-juice, then put it in peaks over the entire dish. This is ornamental and nice, and it is a good way of using up stale sponge-cake. Raspberry-jam may be used in place of the preserved strawberries if one desires, and there are many who like the flavor of them best. It is always a matter of choice.

CHAPTER XV.

AN EMERGENCY DINNER.

EVERYBODY who has ever lived in the country, and probably, too, some who have lived in the city, know by experience what it is to have company descend upon them just a little before dinner-time, who have come "to make a day of it." There is less of this informal visiting in the city than in the country, because the time of city people is so taken up, and they have so many absolute engagements, that it is generally understood that visits are to be made only on invitation; and there is always a certain delicacy felt about going, even to the house of a friend, to dine unless specially bidden. But the limitations that hedge about city social intercourse are unheeded in the country, and the conventions not so strictly regarded. It is no uncommon thing for a person to drive three or four miles in the morning to see a friend, who would think herself sadly lacking hospitality if she did not lay aside her tasks, and make real holiday welcome for her visitor. The great perplexity in such a case is to know just what to prepare to regale the visitor with. Markets are not always close at hand, and there is not the city corner-store at hand to help one out in a difficulty. It is sure not to be the day when the peripatetic provision-man makes his visit, and the *réchauffé* which was to do duty at dinner for the family will not do to set before the visitor. Not that it is not good nor sufficient, but there is always a feeling that to serve a *réchauffé* to a visitor is an implied lack of

respect. But there are things that the country furnishes that the city can't get, even by paying a price, — that is, fresh eggs and cream, with which to make dainty desserts; crisp, tender lettuce with the dew on it when it is served; asparagus fresh cut from the stalks, and cooked before the goodness and original flavor are lost. The chicken-yards will furnish chickens of just the right growth, that haven't degenerated into fowl. There is rice in the pantry; and, if it is a well-ordered household that understands emergencies, there will be cans of tomatoes. Here, then, are the materials for a delicious company dinner, which may be got in two hours, with the following bill of fare: —

	Tomato soup.	
	Fricasseed chicken.	
Asparagus à la crème.		Potato croquettes.
Snow potatoes.		Turkish pilaf.
	Lettuce salad.	
	Rice soufflé.	
	Creamy sauce.	
	Coffee.	

This may look a little formidable, but it is only in looks. It is easily done, the only thing being necessary is to keep calm and cool, and don't let the idea of company arouse the nerves to assert themselves. A clear brain, a sure hand, and the rest is easy enough. If the following rules are followed implicitly, the result is sure to be good.

The rules for the various dishes were furnished by Mrs. Lincoln; and that, of course, attests to their value.

The TOMATO SOUP is made without a stock, and with the following ingredients: One quart can of tomatoes, one pint of hot water, one tablespoonful of sugar, one teaspoonful of salt, four whole cloves, four peppercorns, one tablespoonful of butter, one tablespoonful of chopped parsley, one tablespoonful of chopped onion, one tablespoonful of corn-starch.

Put the tomatoes, part of the water, about two-thirds of the sugar, salt, cloves, and peppercorns on to boil in a porcelain stewpan. Put the butter over the fire in a small saucepan; when it bubbles, put in the chopped onion and parsley. Fry five minutes, taking great care not to burn it; if it catches the least scorch, it is spoiled and unfit to be used. Add the corn-starch to this flavored butter, and, when it is well mixed, pour on the rest of the boiling water. Stir it until it is perfectly smooth, and add it to the tomato. Let it simmer for ten minutes. If the tomato is very sour, — not fermented, but simply the natural fruit acid, — add a little sugar, or one saltspoon of soda. If necessary, add more salt and pepper, letting taste decide the seasoning. Strain, and serve at once with *croûtons* or toasted crackers. So many persons in the country can their own tomatoes now, using the glass fruit-jars in place of the tin cans, that it seems safe to give receipts in which tomatoes play a prominent part. This soup is easily made, and it is deliciously delicate. If persons do not can their own tomatoes, it is a good plan to keep the canned ones on hand as a part of the family stores, buying them by the dozen cans, and taking care not to use the last one until the store is replenished.

To prepare the *Croûtons*, you will cut the inside of slices of bread into small cubes, and fry them for one minute, or until brown, in very hot lard. Drain on soft brown paper, and serve in the soup, strewing them on the top just before carrying to the table.

CHICKEN FRICASSEE. — Singe the chicken, remove the pin-feathers, oil-bag, crop, entrails, legs, and tendons. Wash and wipe well, and cut it into pieces for serving. Put it into the kettle, and cover with boiling water; add one heaping teaspoonful of salt, one saltspoonful of pepper, and simmer one hour, or until tender, skimming well as it comes to a boil. Boil the liquor down until there is

but a little over a pint. When the chicken is tender, put it on toast which is laid on a hot platter. Strain the liquor in which the chicken has been boiled ; remove the fat, and add one cup of cream, or milk if the cream is not available, to the liquor, and heat again. Melt one large tablespoonful of butter in a saucepan ; add two tablespoonfuls of flour, and when it is thoroughly mixed, being smooth and free from lumps, pour on slowly the cream and chicken liquor. Season to the taste with salt and pepper, one-half a teaspoonful of celery-salt (which, by the way, should find a place in every store-closet, as it is invaluable for seasoning so many dishes) and one teaspoonful of lemon-juice. Beat one egg well, until it is light and smooth. Pour the sauce slowly on the egg, stirring it well ; then pour all over the chickens, and serve at once. If a brown fricassee is desired, the chicken may be browned carefully in hot butter, and served with the white sauce ; or it may be browned before boiling, which will make the liquor brown also, and give the brown gravy. One-half a can of mushrooms may be added to the gravy about five minutes before taking it from the fire, if the mushroom flavor is agreeable, and there chances to be a can of them in the store-closet. That is rather a remote contingency, to be sure, since mushrooms are not half as well appreciated by the majority of people as they deserve to be. There are few things that are more delicate.

Now for the ASPARAGUS À LA CRÈME. Break the asparagus into pieces about an inch long, leaving the head pieces double the length ; when they refuse to break easily, they are tough, and must be discarded from that point. Boil until tender in salted water, which must be boiling when the asparagus is put in. When tender, drain, and spread on toast, which is waiting on a hot platter, and pour over it a WHITE SAUCE. Boil one pint of milk or cream, the latter by all means if it is available.

Put a large tablespoonful of butter in a granite saucepan, and stir over the fire until it is melted and bubbling; add two heaping tablespoonfuls of dry flour, and stir until it is well mixed. Pour in one-third of the milk; let it boil, and stir rapidly as it thickens until it is perfectly smooth. Add the remainder of the milk gradually, letting it boil and thicken, and stir constantly. Season with one-half a teaspoonful of salt, and one-half a saltspoonful of pepper. It will be well to preserve this rule, as the sauce is used for so many dishes. It is the sauce to accompany stewed turnips; and with the addition of one teaspoonful of onion-juice, and one teaspoonful of chopped parsley, is a most delicious sauce for fish.

SNOW POTATOES make a very appetizing looking dish. Indeed, this is one of the prettiest ways of serving this every-day vegetable. Boil and mash the potatoes, and sift them through a squash-strainer into a hot dish. Let them lie as lightly piled as possible. Keep the mashed potatoes hot, and sift the last thing before serving.

POTATO CROQUETTES.—Take one pint of smoothly mashed potatoes, one tablespoonful of butter, one-half a saltspoonful of white pepper, a speck of cayenne, one-half a teaspoonful of salt, one-half a teaspoonful of celery-salt, a few drops of onion-juice, and the yolk of an egg well beaten. Mix and beat until very light, then, to make them still more light, rub through a sieve; add one teaspoonful of chopped parsley, and set the mixture to cool. When cool, shape them into round balls, then into rolls. Roll them in fine bread-crumbs, then dip in beaten egg, then again in the bread-crumbs. Fry in boiling lard, in a frying-basket, for one minute; place on a soft brown paper to drain; serve on a hot platter or plate, covered with a napkin. This rule will make a dozen croquettes.

TURKISH PILAF is a somewhat unusual family dish,

but it is not a difficult one, and is very nice. It is rather a wonder that it is not more used by those who like rice. One cup of stewed and strained tomato, one cup of soup-stock, — in this case, use a cup of the liquor in which the chicken is boiling, — season highly with salt, pepper, and onion-juice; when boiling, add one cup of well-washed rice, washed in two or three waters until all dust and foreign matter is removed; stir lightly with a fork until the liquor is absorbed, taking care not to break the kernels; add one-half a cup of melted butter. Set it on the back of the stove in a double boiler, and steam twenty minutes, or until the rice is tender; remove the cover then, and stir lightly with a fork, remembering that the beauty of this dish depends upon the kernels of rice remaining whole. Cover with a towel, and let it absorb the steam. Serve on a hot dish.

LETTUCE SALAD. — Pick over and wash each leaf. Shake off the water, and drain in a net. Arrange the leaves in a salad-bowl, and serve with **BOILED DRESSING** made in this way. Beat the yolks of three eggs until they are light and thick; add one teaspoonful of mustard, two teaspoonfuls of salt, a speck of cayenne, two tablespoonfuls of sugar, two tablespoonfuls of melted butter, one cup of cream, one-half a cup of hot vinegar, and, lastly, the whites of three eggs beaten stiff. Cook in a double boiler until it thickens like soft custard, stirring well in the mean while; set aside to cool, and when thoroughly cold, pour over the lettuce, which has been standing, it is to be hoped, on the ice. This is a delicious dressing, and as it is made without oil it is often a more convenient dressing, and is liked by those to whom oil is unpalatable. This dressing can be made as soon as the chicken is over and out of the way, cooling while the rest of the work is going on.

RICE SOUFFLÉ. — Boil one-half a cup of rice in one

quart of boiling salted water fifteen or twenty minutes. Drain it, and put the rice in a double boiler with one pint of milk ; cook ten minutes ; add the yolks of four eggs, beaten with six tablespoonfuls of powdered sugar and one tablespoonful of butter. Cook five minutes, and set away to cool ; add one teaspoonful of lemon or vanilla half an hour before serving ; beat the whites of the eggs stiff, and stir them lightly into the cooked mixture. Pour into a well-buttered pudding-dish, and bake half an hour. Serve immediately with creamy sauce, as it falls soon. This holds good of all *soufflés* ; they must be eaten at once, or the peculiar lightness that makes them so delicate is lost if they stand any length of time.

CREAMY SAUCE. — Cream one-half a cup of butter ; add slowly one cup of powdered sugar sifted, four tablespoonfuls of wine, and two tablespoonfuls of cream. Beat well, and just before serving place the bowl containing it over hot water, and stir until smooth and creamy, but not enough to melt the butter. Serve in sauce-boat.

These rules give the quantity for a dinner of seven or eight persons. If the number is larger, the amount prepared may be increased proportionately.

In dressing lettuce, a net was referred to in which to drain it. These nets may be bought at any kitchen furnishing store, or if a lady can net she can make one for herself of twine ; a net that will answer every purpose may be crocheted very openly out of coarse cotton yarn. It is well to have one of them in some form or other, as they are useful for so many purposes. They must always be washed when used, well scalded, and stretched into shape before drying.

If lettuce and asparagus are not in season, other vegetables and salads may be substituted. The housekeeper must be governed by what she has in hand, or can easily obtain. Cabbage washed carefully, and finely shredded

or chopped, makes a delicious salad with the boiled dressing poured over it. Celery may also be used if it is in season. This chapter is given as a suggestion: it need not be rigidly adhered to; every housekeeper can make her own variations.

CHAPTER XVI.

A STRAWBERRY FESTIVAL.

IF there is any thing in the world that is a "snare and a delusion," it is the compound sold at restaurants as strawberry shortcake. Not that it isn't nice, and doesn't both look and taste good, but it isn't what it pretends to be. Nobody would object to it if it didn't go masquerading about under an assumed character. But any cake, either sweetened or otherwise, isn't a "short" cake just because it happens to be cut open, and has strawberries spread between the layers. It may be a strawberry-cake, but it is not a strawberry shortcake. That is a distinction with a difference, as you will see after you have once eaten the genuine New-England affair. One always feels like quoting Mrs. Whitney, when talking about strawberry shortcakes. Who doesn't remember how "The Gay-worthys" begins?—

"Did you ever eat a STRAWBERRY SHORTCAKE? If not, I am afraid I cannot put you in the way of that delight further than to tell you that it is a delicious mystery of cuisine, known among certain dwellers in certain hill counties of New England, where the glorious scarlet berry blushes indigenous and profuse all over pasture-slopes and mountain-sides at the early outburst of the short and fervid summer. A mystery, the manner of whose compounding is a grand Masonic secret among the skilful and initiated few; for it is not every farmer's wife or daughter, you must know, who has passed that high

degree which entitles her to call her neighbors together for such annual regale and marvel. I can tell you this only: That, on the June day wherefrom I date this story, in the great, snowy-clean, pewter-shining kitchen of the Gayworthys, solemn preparations were toward; that on the broad dresser stood a huge pan, heaped high with the glowing fruit, wherefrom the whole house was redolent of rich, wild fragrance; that beside it, on either hand, waited, in plentiful supply, flour of the whitest and cream of the yellowest; and that, somehow, by a deft putting of this and that together, the mighty result was to come. The rude fireplace was garnished with greenery; and the flames that ordinarily poured upward through its capacious outlet were kindling unwontedly in the out-room, while Huldah Brown was already mixing and rolling, and would shortly be 'mashing,' — high priestess of mighty mystery that she was."

There is the very perfume and flavor of the wild-hill strawberries in this description. Any one who has ever reddened finger-tips by picking the berries in one of these same "hill counties of New England" will recognize it. There's nothing in the world like the flavor of wild strawberries. One doesn't often get it nowadays. The strawberry is one of the very few things in this world that are not improved by cultivation. It may be larger and finer, but it has lost its spicy aroma which distinguished it in its natural state. So, as we don't live in the Gayworthy times, we must make shift with our garden berries; and worse things by far have been set before hungry folk than a genuine shortcake made with cultivated berries. It is the "how" of the doing, that makes the successful result.

Whether Mrs. Whitney coaxed the secret from Huldah Brown, she has never told us; but somebody made her a confidant, and she in turn has given it to the public in her "Just How;" and here it is, the genuine "GAYWORTHY

STRAWBERRY SHORTCAKE." You will want one quart of flour, one teaspoonful of salt, one teaspoonful of soda, two teaspoonfuls of cream-tartar, one scant pint of cream, one quart of strawberries, granulated sugar to use in such proportion as may be found needful. Mix the salt and soda and cream tartar thoroughly into the dry flour. This is best done by sifting it two or three times. Pour the cream into the middle of the flour thus prepared, and mix to a delicate dough with your chopping-knife. Mould gently a turn or two with one hand, tossing over with the other. Divide the dough into three parts; roll each piece out quickly, three-eighths to half an inch thick, and fit to Washington-pie plates. Put at once into the oven, and bake about as quickly as you would cream-of-tartar or baking-powder biscuit. While the cake is baking, prepare the strawberries in either of the two following ways:—

First, put them in a deep baking-dish; mash them with a wooden pestle; mix them with sugar to a pleasant sweetness; cover them with an earthen plate, and set in the oven until the fruit is brought just to a scalding heat, no more or longer. Set by till the cake is ready. The second way is the simpler, and the majority of people think the better. Mash the berries, mix them with sugar until they are as sweet as you want them, then have them cold and set by until the cake is ready. When the cakes are done, turn out each one, and lay upon its reversed baking-plate. Take a thin, sharp carving-knife, slip it between the cake and plate to heat it to like temperature; split the cake evenly, slide it upon a china plate for serving, then turn the upper crust back upon the baking-plate. Butter each half lightly, then lay one-third of the crushed fruit evenly upon the under crust, dipping off with it the fair proportion of juice, and cover with the upper crust. Sift a little sugar delicately over it, and it is ready for

the table. Help in pie-pieces, and send cream around with it.

There is still another way of making a shortcake that is very nice for all such persons to use as may not have the rich cream for mixing. The result is very nice, although it is, possibly, a little less delicate than the genuine "Gayworthy" cake. It is made as follows: Use one quart of flour, one teaspoonful of salt, one round teaspoonful of soda and two of cream-tartar, one cup of butter, one scant pint of milk, strawberries and sugar by the rule just given. Mix the soda, cream-tartar, and salt, well into the flour; chop the butter into the flour thus prepared, until it is fine and yellow like meal. Use a knife for this purpose, and do not let your hands touch it, for they will melt the butter, and thus tend to make the cake heavy, instead of light and fluffy as it should be. Keep it cool, light, and separate, because if it grows warm and clings in lumps it will be heavy. If you find it growing warm, set it away in a cold place a little while when partly chopped, or after you have finished doing it. Only be very sure that it is meal-like and crisp when you are ready to begin to mix it to dough. Pour the milk into the middle of it, and work to dough with the chopper as usual. Roll out, bake, and prepare with the strawberries as in the receipt that was first given. Either of these is a genuine shortcake, and is just what you would get if you were invited to a Vermont or New-Hampshire or Western-Massachusetts strawberry shortcake party. This shortcake may be used with other fruits, and the cake will take its name from the fruit. Raspberries, especially the red caps, are delicious served in this way. Indeed, they follow very closely after the strawberry. The black raspberries, or thimble-berries, are also very good, but they by no means equal the red berries. Pineapple, chopped or grated, and well mixed with sugar, may be

used instead of berries; and peaches, sliced thin and sprinkled with sugar, are a good substitute also. Indeed, a PEACH SHORTCAKE, served fresh, with plenty of cream either whipped or plain, is decidedly a dish that is not to be scorned. And, by the way, all shortcake is best served warm. ORANGE SHORTCAKE is made by cutting the oranges into thin slices, taking out the seeds and tough membranes, sprinkling with sugar, and then, after the sugar has dissolved, filling the cake with the fruit and juice. Stewed apple or quince is very nice when fresh fruits are not available, and either will be found very nice for tea or luncheon. The cake always remains the same: it is the filling that is varied. As far as possible, serve these delicious cakes with cream. They are very nice without this addition: with it, they are simply perfection.

But while the strawberry is in market, it holds the place of honor among all fruits, and is used in as many forms as cooks know how to prepare it. One of the favorite modes when one wants a fancy dessert is to serve the fruit in a STRAWBERRY CHARLOTTE.

The first thing to do in making this dainty and attractive dish is to prepare a plain Bavarian cream, which is done in the following manner: Take one-quarter of a box of gelatine, a quarter of a cup of cold water, one pint of cream, one-third of a cup of sugar, and one teaspoonful of vanilla. Soak the gelatine in cold water until it is soft. Chill the cream, and whip it until you have three pints of the whip. Boil the remainder of the cream—or, if it be all whipped, use a cup of milk—with the sugar, and, when boiling, add the soaked gelatine. Stir until the gelatine is entirely dissolved. Strain it into a granite pan, and add the vanilla. Place the pan in ice-water, stir occasionally, and when the mixture is thoroughly cold and beginning to thicken, stir in lightly the whipped cream. Line a bowl with whole strawberries,

and fill with the cream. STRAWBERRY BAVARIAN CREAM is made in this way. Use one quart of berries, one cup of sugar, one-half a box of gelatine, one-half a cup of cold water, one-half a cup of boiling water, and one pint of cream. Mash the berries with the sugar, and let them stand until the sugar is dissolved. Strain through a sieve fine enough to keep back the seeds. Soak the gelatine in the cold water, then dissolve in the boiling water, and strain it into the berry-juice. Cool, and beat it until it is slightly thickened; whip the cream, and add it; just as soon as the mixture has thickened sufficiently, beat it lightly in, and mould in a plain mould or one that is lined, in the fashion of a charlotte. Red-cap raspberries may be used in the same way, with the most satisfactory results.

A genuine STRAWBERRY ICE-CREAM, that is perfectly delicious, is made as follows: Sprinkle sugar over the berries, mash them, and rub them through a fine sieve to separate the seeds; then set aside until the custard is ready. Take one pint of milk, one cup of sugar, two tablespoonfuls of flour, one saltspoonful of salt, two eggs, one pint to one quart of cream as you can obtain it, one-half a cup to one cup of sugar. Boil the milk; mix the sugar, flour, and salt; add the whole eggs, and beat all together. Add the boiling milk, and when well mixed turn them into the double boiler, and cook twenty minutes, stirring constantly until smooth, after that occasionally. When it is cool, add the cream, the sifted strawberries, allowing one pint of the fruit to two quarts of cream, and sugar enough to make it quite sweet. It should be a little too sweet, perhaps, as the freezing seems to take away something of the sweetness. Freeze, and keep well packed until serving-time. Or you may make the cream, and freeze it partially, and when it is about half frozen add whole strawberries, then finish the freezing process.

Either way will make a delicious ice-cream. For a strawberry sherbet, the fruit should be prepared as in the first rule for making strawberry ice-cream ; that is, the berries should be sprinkled with sugar, mashed, and, when the sugar is dissolved, put through a very fine sieve to free the pulp and juice from the seeds. Use in the following proportions : One pint of berry-juice, one pint of sugar, one pint of water, the juice of two lemons, and one tablespoonful of gelatine. Soak the gelatine in half a pint of cold water for ten minutes, add half a cup of boiling water ; and when the gelatine is dissolved, add the sugar, the berry-juice, and the juice of the lemons. Strain as soon as the sugar is dissolved, and freeze.

The strawberry does not cook so well and successfully as many of the fruits. Nevertheless, the old-fashioned STRAWBERRY PRESERVE is not by any means the less appreciated in the winter when fresh ones are not to be had, and you have grown tired of the canned fruit. Measure your fruit after it has been carefully stemmed and picked over ; allow a pound of the best granulated sugar for every pound of the fruit. Put the fruit and sugar in a preserving-kettle over a slow fire until the sugar melts. Boil twenty-five minutes fast ; take the fruit out in a perforated skimmer, and fill a number of cans three-quarters full. Boil and skim the sirup for five minutes longer ; fill up the jars, and seal while hot. To make a nice strawberry-jam, use three-quarters of a pound of sugar to a pound of fruit, and one pint of red-currant juice to every four pounds of strawberries. Boil the juice of the currants with the strawberries for half an hour, stirring all the time. Add the sugar, and boil up rapidly for about twenty minutes, skimming carefully. Put in small jars, with brandied tissue-paper over the top. This is a most delicious jam, and makes one of the nicest fillings for tarts or Washington-pies that can be imagined ; and those

who have once used it have never done thanking Marion Harland for having given them the recipe. The currant-juice may be omitted, if the maker of the jam thinks best ; but the flavor will not be nearly so nice as it is when the juice is added. To can strawberries, heat them slowly to boiling in a large kettle ; when they begin to boil, add sugar in the proportion of one tablespoonful to each cup. Boil altogether for fifteen minutes, and can, sealing while hot. The cans must be in perfect order, the screw in good working trim, and the elastic firm and closely fitting. Then the fruit must be boiling hot when sealed. Have upon the range or stove a pan in which each empty can is set to be filled after it is rolled in hot water. Lay elastic and top close to your hand ; fill the can to overflowing, remembering that the fruit will shrink as it cools, and that a vacuum invites the air to enter. Put on the top without the loss of a second. Screw as tightly as you can ; and, as the contents and the can cool, screw again and again to fit the contraction of metal and glass.

But strawberries are best of all eaten perfectly fresh, and without any "fixing." Sugar and cream are the best dressing ; but if one wants the fruit in some way beside the perfectly plain fashion in which nature has served them, there is certainly a choice of modes presented for consideration.

CHAPTER XVII.

JELLIES AND PRESERVES.

IS there any thing in the world more delightful to remember than grandmother's store-closet, the place where all the sweetmeats and cakes and sugar-cookies were kept, and which, to the childish belief, held the greatest treasures of the world? Ah! was there ever any thing else like it? Was there ever such delicious pound-cake; such rich, spicy "plum-cake," in which the mixture was stirred with such nicety, and made with such accurate measurements, that the plums, showered in with lavish hand, did not sink in a heavy mass to the bottom, but were distributed evenly through the whole loaf; such crisp cookies; such "snappy" ginger-snaps! Can't you smell them this very minute? And can't you see the array of glass jars and tumblers, filled with preserves and jellies and jams, which made your mouth water, and over which you broke the tenth commandment perpetually, and above those jars of pickles and catsups and sauces, making a display of which the worthy house-mother was justly very proud?

The store-closet was the pride and delight of every old-fashioned housekeeper's heart. She was considered "thrifless and shiftless" who did not every season fill its shelves with all the good things that could be prepared from fresh fruits, and whose cake-jars did not always contain, besides the white cakes that must be made fresh every week, loaves of cake that would "keep for six

months," provided the hungry boys and girls could not get at them.

This old fashion, which has been so sneered at of late years, in common with many of the old housewifely habits, is again being restored to favor, and the young house-keeper of to-day is beginning to feel the same pride in her work of preserving that her grandmother felt, and to regard the store-closet as an important feature in her house. She is tired of factory canned fruit as a substitute for the fresh, and likes better her own preparations, which she knows to be of the best materials, and carefully and neatly made.

Do you say it is a trouble to keep it up? Certainly it is; but I would like to know what there is in the world that is worth doing, that is not a trouble. Things that are worth while always require care and thought, as well as time and patience. It is well to understand this thoroughly before you begin your store-closet, even on ever so small a scale.

But when you have it once established, you will never be sorry. You will find it such a convenience and such a comfort. It will give you so many dainties just when you want them, and there will always be something ready in case of emergency, such as often arises in the family. So by all means establish the store-closet, and serve your friends and your family with delicious preserves, well-made jellies, and all the conserves that have been for so long set one side except in the few families who have held tenaciously to the old-fashioned housekeeping ideas.

In preserving fruit, and in jelly-making, there are some general rules that should always be followed if one is looking for successful results; and when a thing is to be done, it should always be done the right way. It is no more difficult to do a thing right than it is to do it wrong, and when it is done it will be all the better. In the first

place, one must take plenty of time. It will not do to hurry things through: you must make up your mind in beginning, to take just so much time for it, and you mustn't lose your patience or your temper. Just so surely as you do, just so surely will the result be disastrous. No doubt you have all learned by this time that successful cooking requires a calm mind, a dispassionate judgment, and a systematic habit. One can't cook "by impulse," although a great deal may be done by inspiration. It is better to do work of this kind as early in the day as possible, and to make ready for it the day before, by doing all cooking, and preparing as much of the food for the day as possible, so that the stove or range may be free for the special use, and that the attention need not be divided by other duties.

Use none but porcelain or good bell-metal kettles for preserves and jellies. The former are decidedly the better of the two, and the very best for the purpose indicated. If, however, you find yourself, by some exigency of circumstance, obliged to use the bell-metal, clean it thoroughly just before you put in the sirup or fruit. Scour with sand, then set it on the fire, with a cupful of vinegar and a handful of salt in it. Let this come to a boil, and scour the whole of the inside of the kettle with it. Do not let your preserves or any thing else stand one moment in it after it is withdrawn from the fire: fill the emptied kettle instantly with water, and wash it perfectly clean, although you may mean to return the sirup to it again in five minutes. By observing these precautions, preserves and pickles made in bell-metal may be rendered as good and wholesome as if the frailer porcelain be used. Still, the amateur, or rather the inexperienced, preserve-maker would do well to see to it that she has a porcelain kettle; and this she should treasure most carefully, allowing it to be used for no other purpose

except that to which it is specially devoted; and she should take care that nothing is allowed to burn in it while it is in use. With these precautions, the kettle, once bought, will last a long time, and its last state will be as good as the first.

The chief art in making nice preserves, and such as will keep, consists in the proper preparation of the sirup, and in boiling them just long enough. English house-keepers think it necessary to do them very slowly, and they boil their sweetmeats almost all day in a jar set into a kettle of water. Use only fine sugar for nice preserves. The granulated is most generally used, that is, the fine granulated, although loaf sugar is considered the best; and in the South, before the war, when the art of preserve-making was a fine one, loaf-sugar was the most used. This is also true of English preserve-making: every old rule in English family receipt-books gives "loaf sugar" as the ingredient for making the best sirup. Still, granulated sugar of the best grade is sufficiently fine, and the results are as good as when loaf-sugar is used. The object is to have as pure a sugar as can be obtained. If ever brown sugar is used, it should be clarified; but it is better not to use it at all, even for sweetmeats to be eaten at once in the family, as the best of sugar is necessary to make such as will be fine in appearance, and keep long.

Do not hurry any needful step in the process of preserving. Prepare your fruit with care, weigh accurately, and allow time enough to do your work well. Sweetmeats should be boiled very gently, lest the sirup should burn, and also that the fruit may become thoroughly penetrated with the sugar. Furious beating breaks small and tender fruits. Too long boiling makes sweetmeats dark, and some kinds are rendered unpalatable. Preserves keep best in glass jars, which have also this advantage, that

you can see whether or not fermentation has begun, without opening them. If the preserves are put into stone jars, those with narrow mouths are the best, as the air is most easily excluded from them; and small-sized ones containing only enough for once or twice should be chosen, as in the frequent opening of a large jar the entire contents are injured by the admission of the air. When the sweetmeats are cold, cover them closely; and if they are not soon to be used, paste a paper over the top, and, with a feather, brush over the paper with the white of an egg. Examine your shelves frequently and narrowly for a few weeks, to see if your preserves are keeping well. If there is the least sign of fermentation, boil them over, adding more sugar.

A very good way of scalding them, and certainly the easiest, is to set the jar into a kettle of water, and let it slowly come to a boil. Mrs. Henderson gives another easy way of scalding preserves when they are in a stone jar: —

Put it into a brick oven when the bread has been drawn out, and let it stand for three or four hours. This is very well where there is a brick oven in the house; but, as these are only found in old-fashioned country-houses built a century ago or more, the greater number of housekeepers must take the more modern way of scalding in a kettle of hot water. In opening your sweetmeats, if a thick, leather-looking mould covers them they are in a good state, as nothing so effectually shuts out the air; it is a perfect protection from all atmospheric action; but if they are specked here and there with mould, it is well to taste them, and if you find that they are injured, remove the specks carefully, and scald in a kettle of water, as directed above. If, on the contrary, there is no taste, you may conclude that this is the beginning of a leather mould, and wait a few days; then look again,

and if your conjectures were not right, scald them immediately.

The work of protection is more effectual if you cover your jellies and jams closely with tissue-paper, several double and wet in brandy, pressing it closely to the conserve before the paper is pasted on and the white of the egg applied ; although some housekeepers argue that the brandy is unnecessary.

In making jellies, the sugar should be heated, and should not be added until the fruit-juice boils ; and for this reason, that the process is completed in much less time than if they are put together cold. Thus the diminution of quantity caused by long boiling is avoided, and the color of the jelly is much finer.

Some housekeepers complain that they cannot make their jelly "set ;" and they do not understand why, since they followed the directions most implicitly, and were very careful of weights and measurements. The true reason was doubtless this : that, while making it, it was suffered to stop boiling for a few moments. This should never be : it must be kept boiling steadily every moment, from the beginning of the process to the end. Let it boil gently but steadily until, by taking a little of it with a cold silver spoon, you see that it hardens quickly around the edges. Usually twenty minutes boiling will accomplish this, and most old housekeepers adhere to this for their rule.

Put the jelly in little jars, cups, or tumblers, set in the sun to harden ; and when they are thoroughly cold and hard, paste paper over the top, and brush it over with the white of an egg.

Every housekeeper has, without doubt, her own rule for making currant-jelly. I have always used the one given above, until last year, when I tried a new way given me by Mrs. Lincoln, with such absolutely good results, that I feel in turn like imparting to all my friends.

It is the simplest possible way; and it makes certainly the nicest jelly, with the most of the genuine fruit taste preserved, of any that I ever tasted. Pick over your currants, and crush them thoroughly (there is no need of picking them from the stems, if the fruit is fair and they are well looked over); strain them over night, letting the juice drop into an earthen dish. Do not press them or squeeze them, as you do not want any of the pulp to go through, but take only what juice will drip through the strainer without pressure. In the morning measure your juice, and allow a pound of sugar to every pint of the juice. Use only the best and purest of granulated sugar. Put the sugar into a deep earthen dish (such a one as is used to mix cake in is good for the purpose); put the juice by itself into the porcelain preserving-kettle over the fire, watch it as it comes to a boil, and let it boil just five minutes, skimming well. At the end of that time take it from the fire, and pour it over the sugar, stirring constantly until the sugar is dissolved; pour it at once into jelly-glasses, and set it aside to harden, which it will do in an incredibly short time. You will perceive, in this case, that the sugar is not cooked at all, but is dissolved by having the boiling fruit-liquid poured over it. To those who have been accustomed to the old-fashioned method of boiling sugar and fruit-juice together for twenty minutes, this way of managing will seem a little odd, and possibly one may try it at first with some hesitancy, and a good deal of scepticism as to the result; but if you have the success that usually attends the making of jelly by this rule, you will speedily be convinced of its superiority over every other rule. Having made the jelly, you may squeeze the remainder of the juice, and as much of the pulp as you can, through the strainer, and you may make from it a very nice marmalade. Use pound for pound of sugar and fruit; boil twenty minutes, as in the

old-fashioned rule for currant-jelly, then turn into glasses to stiffen.

To make a sirup for preserves, put a teacup of water for every pound of sugar. As it begins to heat, stir it often. When it rises toward the top of the kettle, put in a cup of cold water. Repeat this process two or three times, then set the kettle aside. If the sugar is perfectly pure, there will be no scum on the top. If there is a scum, after it has stood a few minutes take it off carefully. If the sirup looks clear, it is not necessary to strain it. Some fruit has so much juice that it may be used instead of water with the sugar.

To clarify sugar, put into every two pounds a beaten white of an egg. Five eggs will do for a dozen pounds. Proportion the water and sugar as directed above, and after it has boiled enough, take it from the fire, and let it stand ten minutes; then take the scum carefully from the top, and pour off the sirup so gently as not to disturb the sediment. Have the kettle washed, return the sirup, and add the fruit. Some persons always strain the sirup through a flannel bag, but if the above directions are observed it is not necessary. If you use a flannel bag, always wring it very dry from hot water before using. This prevents a waste of the article strained. The bag should be soft, and not "fulled" and stiff, as then the sirup will not strain easily.

PINEAPPLES make one of the nicest preserves, and I do not think they are half appreciated. There is a way of putting them up without cooking, which I can recommend from experience. This method was used in my mother's family when I was a child, and has since been tried in my own, and has never been known to fail but once, and that was through some fault in the sealing. The air was not fully excluded; and the result was a wine almost as strong as brandy, and which served very well in place of

brandy for pudding-sauces and general flavoring where brandy was required. So, even then, the preserve was not without its uses. To make this delicate sweetmeat, select large, fresh pineapples. Pare them with a very sharp knife having a thin blade. Remove carefully the little prickly eyes; slice the fruit. Allow one and a quarter pounds of the best granulated sugar to a pound of fruit, and put into a small glass jar a layer of sugar, then a layer of fruit, until the jar is filled. Make the layers of sugar very thick, or you will have a quantity left when the fruit is all in. Cover the jar closely, and set in a very cold place. This will keep perfectly, and have the taste of freshly sugared pineapples a year after. Mrs. Leslie gives an old Philadelphia receipt which she calls the very best way of preserving pineapples; and it is so very different from any New England way, that it is worth quoting:—

“Take ripe pineapples that are perfectly sound and fair. Make them very clean, but do not pare off the rind or cut off the leaves. Put them whole into a very large porcelain kettle; fill it up with cold water, and boil the pineapples until they are so tender that you can penetrate them all through with a twig from a broom. Then take them out and drain them. When they are cool enough to handle without inconvenience, remove the leaves and pare off the rind. The rind and leaves being kept on while boiling will keep in the flavor of the fruit. Cut the pineapples into round slices, each half an inch thick, extracting the core from the centre, so as to have a round hole in the middle of every slice. Weigh them, and to each pound of the fruit allow a pound of granulated sugar. Cover the bottom of a large earthen dish, or dishes, with a layer of the sugar. On this place a layer of pineapple slices, then a layer of sugar, then of pineapple, and so on until the slices are all used, and all covered with sugar.

Let them stand for twenty-four hours; then drain the slices from the sirup, and put them in wide-mouthed jars. Put the sirup into the porcelain kettle, and boil and skim until scum ceases to rise; then pour it hot upon the pineapple. While still warm, cover the jars closely, and paste paper over them. They will be found very fine."

The easiest, and those who have tried it say one of the best ways, is to take the pineapples as ripe as you can possibly get them, pare them, and cut them into thin circular slices. Weigh them, and to each pound of the fruit allow a pound of the best granulated white sugar. Place a layer of the pineapple slices in the bottom of a large, deep earthen dish, and sprinkle it thoroughly with a layer of sugar; then put in another layer of pineapple, and sugar it well; and so on until the dish is full, finishing with a layer of sugar on top. Cover the dish, and let it stand all night. In the morning remove the slices of pineapple to a tureen, pour the sirup into a porcelain preserving-kettle, and boil and skim it at least half an hour. Do not remove from the fire until the scum has entirely ceased to rise. Then pour the sirup, boiling hot, over the slices of pineapple in the tureen. Cover it, and let it stand till cold; then transfer the sliced pineapple and the sirup to wide-mouthed glass jars, or to large tumblers. Cover them well, pasting down thick white paper over the top.

While we are on the subject of pineapples, I will give you a receipt for the old-fashioned pineapple marmalade, which is rarely seen nowadays, but which is one of the nicest marmalades that can be imagined. Take the largest, ripest, and most perfect pineapples. Pare them, and cut out whatever blemishes you may find. Weigh the fruit, and allow an exact equal amount of sugar, using the best granulated. Grate the pineapples on a large dish, using a large, coarse grater, and omitting the hard core that goes down the centre of each. Put the grated

pineapple and the sugar into a preserving-kettle, mixing them thoroughly. Set it over a moderate and very clear fire, and boil and skim it well, stirring it after skimming. After the scum has ceased to appear, stir the marmalade frequently until it is done, which will be in an hour, or a little more, after it has come to a boil. But if it is not smooth, clear, and bright at the end of that time, continue boiling until it is. Put it warm into tumblers. Lay inside the top of each doubled white tissue-paper, cut exactly to fit, and press it down lightly round the edge, so as to cover smoothly the surface of the marmalade. Then paste strong white paper over the top of each glass, and set them in a cool, dry place.

CHAPTER XVIII.

MORE ABOUT PRESERVES.

GRANDMOTHER'S list of sweets was not complete without peach preserves. These are best made from the yellow-fleshed free-stone peaches, such as the Crawfords. In old time they used the delicious "rare-ripes," which refuse to grow in New England these latter days, and which had a richness and flavor unknown to any fruit of the present day. They were "rare" indeed. Still the preserve made of the Crawford is not to be scorned by any means. To make a nice PEACH PRESERVE, you will pare the fruit, or remove the skins by plunging the peaches into boiling lye made by putting one pint of wood-ashes into two gallons of water; when the skins will slip easily, take the peaches out with a skimmer, and after the skin is off plunge into cold water; rinse in several waters, and there will be no taste of the lye. After the fruit is pared, and the stones extracted, weigh it, and allow a pound of sugar to a pound of peaches. Crack one-quarter of the stones, extract the kernels, break them to pieces, and boil in just enough water to cover them until soft, then set aside to steep in a covered vessel. Put a layer of sugar at the bottom of the kettle, then one of fruit, and so on until the sugar is melted and the fruit hot through. Then strain the kernel water, and add it. Boil steadily until the peaches are tender. Then take them out with a skimmer, draining off all the juice, and lay them on flat dishes, crowding as little as possible.

Boil the sirup almost to a jelly, skimming off every thing that rises to the top. Fill jars two-thirds full of the peaches, pour on the boiling sirup, and when cold cover with brandied tissue-paper, then with cloth, then last of all with thick paper tied over them. The peaches should be ready to take off after half an hour's boiling, and the sirup should be boiled fast at least fifteen minutes longer. It should be often stirred to throw up any impurities which rise to the surface in the form of scum, and must be taken off as fast as it appears.

A preserve may be made of PEARS if one has the fruit, although many persons do not consider it of sufficient value to buy the fruit for the purpose. In selecting the pears for preserve, take those that are quite acid, as it needs the acidity to give the needed character. And allow only three-quarters of a pound of sugar to a pound of fruit. That would be quite enough; more would make it so sweet as to be cloying. Pare the fruit, but leave the stems on, and boil them in just enough water to cover them, until they are tender, but not "mushy." The beauty of the preserve depends upon their keeping their shape. When they are soft, take them carefully from the water, and put them on a platter, arranging them so that they will not touch each other. Put the sugar into the water in which the pears were boiled; boil together for fifteen minutes, carefully removing all the scum that may arise, then return the pears to the sirup, and boil them until they begin to look transparent. Then take out the pears, and put them again on the platter to harden, and let the sirup boil for half an hour, skimming if it needs. Pack the pears into jars, and pour the sirup over it. Piquancy is added by putting slices of lemon into the boiling sirup, after the pears are removed. No exact time can be given for the boiling of the pears, as this fruit in the different varieties differs so much, both in

size and texture, that one must be governed by the fruit itself. PEARS AND BARBERRIES are used together with the most excellent results. Many persons use pears instead of sweet apples to make barberry preserves, and the united flavors are delicious. Any one trying pears once will never go back again to the apples as long as pears are obtainable. One of the most delicious jellies is made from pears and barberries. Take an equal part of barberries well picked over, and pears which have been quartered and cored but not peeled; put them into a kettle with a little water, and stew slowly until the fruit is cooked. Strain through a flannel or jelly bag, taking care not to squeeze the fruit, so that none of the pulp may come through. To every pint of the liquid thus obtained, allow a pound of sugar; boil twenty minutes quite rapidly, and then pour into jelly-glasses to cool. This will be found a very nice jelly, with a rich indescribable flavor that is only like itself. It is very much finer than the pure BARBERRY JELLY, although that is very nice to serve with meats and game. It is made by putting the barberries over with a little water to stew, and boiling it until the water is thoroughly flavored with it. Strain, and allow a pound of sugar to a pint of juice. Boil about twenty-five or thirty minutes, then pour into the jelly-glasses. One would hardly make the barberry alone, however, after once using the pear with it, as this variation "makes all the difference in the world." PLUMS make a delicious sweetmeat, one that has been in high repute for generations. It was always found in the store-closet of every notable housekeeper of the olden time. The best sweetmeats are made from the egg plums and from damsons. The egg plums make the handsomest preserve; but, after all, nothing has a richer flavor than the damson. It is universally a favorite. In making the EGG PLUM PRESERVE there is no better authority than

Mrs. Cornelius. It is more laborious than many other sweetmeats, and takes more time and thought; but it is so delicious, and so handsome when it is done, that many think it repays them for the care and anxiety. The plums must be just ripe, but not soft. The skin can usually be pulled off with little or no trouble; but if you find upon trial that you cannot remove it without tearing the fruit, pour on boiling water, and instantly pour it off, or lay the fruit into a colander, and dip boiling water over them at once, just plunging them in and out instantly; this will loosen the skins, and they will come off readily, leaving the fruit whole, and free from any defect. Allow a pound of sugar to every pound of fruit, and make a sirup by putting the sugar in the preserving-kettle with a little water in the proportion of a teaspoonful to every pound. When this has boiled, and has been skimmed, lay in a few plums at a time, and boil them very gently for five minutes; lay them into a jar as you take them from the kettle, and when all are done, pour the boiling sirup over them. After two days, drain off the sirup, boil it, and pour it upon them again. Do this every two or three days until they look clear. Then, if you wish the sirup to be very thick and rich, boil it half an hour, and when cold pour it upon the plums. This will be sure to be one of your "company" sweetmeats. **DAMSON PLUMS** are very good, have a delicious flavor, and are not so rich as the egg plums, although they are ranked among the best of all preserves. Weigh the fruit, and prick each of the damsons in several places; lay them when pricked into a large earthen bowl, that the juice may exude. On no account put them in metal, as the action of the fruit and acid upon the metal will prove unwholesome, if, indeed, disastrous effects do not follow. After the fruit has stood for an hour, drain off the juice; have ready your sugar, equal in weight to the fruit, pack your damsons in

the preserving-kettle in alternate layers with the sugar, pour the juice over the top, and heat slowly to a boil. Take out the plums at this point very carefully with a perforated skimmer, draining them well through it, and spread upon broad dishes in the sun. Boil the sirup until it is thick and clear, skimming it faithfully. Return the fruit to this sirup as soon as it is perfectly clear, and boil ten minutes. Then take out the damsons again, and spread upon the platters until they are cool, keeping the sirup hot upon the fire. Then pack the fruit in the jars, and pour on the scalding sirup. Cover at once to keep in the heat.

GRAPE SWEETMEATS are among the favorites, when made from grapes with tender skins, such as the Catawbas or Isabellas. The Concords have too thick and tough a skin to do well in preserving. Pull the grapes from the stems, and weigh them; then weigh an equal amount of sugar; squeeze the pulps from the skins, putting the pulps into one dish and the skins into another; put the pulps into a porcelain kettle, and stew gently until the seeds are loosened; then strain, and rub it through a sieve, and set it aside in an earthen dish until you have cleaned your preserving-kettle; then return the pulp, with the skins, to the kettle, cover closely, and cook slowly until the skins are tender. As soon as this point is reached, and while the fruit is still boiling, add the sugar, and move the kettle back, as it must not boil again. Keep very hot for fifteen minutes; then, if the sugar is dissolved, as it probably will be, pour the preserve into jars, and screw down the covers as quickly as possible. If the sugar has not dissolved, let it remain a few minutes longer, until it is dissolved. To make GRAPE JELLY, the fruit must not be quite ripe, as it will be likely to be too watery, and will not jelly well. Put the fruit in a stone crock, in a kettle of boiling water, and as they heat stir them up

gently from the bottom with a wooden spoon. When all are broken, put the jelly-strainer over the mouth of an empty crock; put in some of the hot grape, letting the juice pour through, but none of the pulp. Proceed in this way until all the fruit is drained, taking out the mass of drained pulp before a new lot is put in. When all is drained, measure the juice, and allow a pound of sugar to every pint. Boil the juice and the sugar together, as in other jellies, and then pour into the jelly-glasses, which have been previously rolled in hot water; set aside to harden, and when the jelly is "set," cover at once. A very good GRAPE MARMALADE may be made of the pulp that has been left. Much of the juice, of course, has been left in, as no pressing was allowed. Rub the pulp through a coarse sieve, thus freeing it from all skins and seeds; weigh it after sifting, and allow three-quarters of a pound of sugar to every pound of fruit. Boil them together for twenty minutes, then pack in glasses or moulds. This is very nice to serve with luncheon or tea, and is good placed between slices of bread and butter for school lunch. It is not so rich as the pound-for-pound preserves, and can be eaten more commonly. A very good sweetmeat for serving with game or meats is made from GREEN GRAPES. The wild grape is altogether best for this purpose, it has such a delicious spicy flavor, and is so acid. Then it is such fun to go graping! You coax somebody to take a half-holiday, and start off for a regular outing. All the hills in Norfolk County (Mass.), from Dedham to Franklin, are covered with wild grape-vines, and you can get your supply in almost any country road in half a day. Cut the grapes in halves with a penknife, and extract the seeds. You want to press everybody into service in this task, and have a "bee," like the apple-paring bees of old. Many hands make light work, and people will do ever so much of it if they think they are

having a frolic out of it. After the grapes are seeded, weigh them, and weigh an equal amount of sugar. Pack the fruit and sugar in layers, putting a little cold water (not more than a pint) at the bottom of the kettle, to prevent the fruit from sticking; heat it slowly to a boil, taking care that your preserving-kettle is not over two-thirds full, as it will overflow in the boiling; cook slowly until the grapes are very tender and are thoroughly done, then pour into crocks, and cover. It is a good plan to lay a cloth wet in brandy over the top of the preserves before putting on the cover of the crock. It will assist in preventing fermentation. It is well to examine sweetmeats every month or so, and if you find they are beginning to ferment, scald them, clean out the jar or crock, and return them to it when they are thoroughly scalded. Preserves that are in sealed jars are less likely to ferment than those in the open jars or crocks, although the "pound-for-pound" old-fashioned preserve, if well cooked, rarely ferments. Still it is well to watch them, and prevent as far as possible any waste that may occur from any cause.

Another old-fashioned preserve, and one that has retained a place in the housekeeper's good graces, is the QUINCE. This seemingly ungracious fruit has a flavor of its own that it yields only to cooking, — a flavor that is unexcelled by any other. Use only the fine yellow quinces that are known as orange quinces; the green pear-shaped ones are utterly unworthy, and it is throwing away both time and money to try to preserve them, as the most careful treatment can make nothing of them. Having selected the quinces, pare, core, and quarter them, saving both the skins and cores for use. Put the quinces over the fire, with just water enough to cover them, and simmer until they are soft, but not until they begin to break. Take them out very carefully, and spread them out upon broad dishes to cool; add the parings, seeds, and cores

to the water in which the quinces were boiled, and stew, closely covered, for an hour; strain through a jelly-bag, and to every pint of this liquor allow a pound of sugar; boil up and skim it; put in the fruit, and boil fifteen minutes; take all from the fire, and pour it into a large deep pan or earthen jar; cover closely, and let it stand twenty-four hours; drain off the sirup, and let it come to a boil; put in the quinces carefully, and boil another quarter of an hour; take them up as dry as possible, and again spread on dishes, setting them in the hottest sunshine you can find; boil the sirup until it begins to jelly; fill the jars two-thirds full with the fruit, and cover with the sirup. The preserves will be a lovely red color. Cover with brandied tissue-paper. To increase the quantity of preserves without the addition of more sugar, have as many large, fair, sweet apples, pared, quartered and cored, as will weigh one-third as much as the quince. When the quince is boiled enough, and is removed for the last time, put in the sweet apples, and boil them until they begin to look red and clear; then put the quinces and apples into the jars in alternate layers. The flavor of the quince will so entirely penetrate the apples that the one cannot be distinguished from the other, and the sugar necessary to preserve the quince will be sufficient for the apple. Mrs. Cornelius gives a way of preserving quinces without boiling the sirup, which will find a place for quotation just here. The writer has never tried it herself; although she has used the method above for several years, always with the best results. This new mode is given, as there are many housekeepers who like trying experiments, and this is for their benefit. It would be very pleasant, if any one did try the experiment, if she would report the result of it. Pare the quinces; allow twelve ounces of sugar for every pound of fruit; boil the quinces in water enough to cover them, until they are so soft that care is necessary

not to break them in taking them out; drain the quinces a little as you take them from the water, and put them into jars, in alternate layers with the sugar; cover the jar as soon as it is filled, and paste a paper over the top. Quinces done in this way are a very elegant preserve in appearance, being about the color of oranges, and they probably will not need scalding to keep them as long as you wish. If any tendency to fermentation appears, as may be the case by the following April or May, set the jar, if it is stone, into an oven, after bread has been removed, and the quince will become a beautiful light red, and will keep almost any length of time, and never become hard. The water in which the quinces were boiled should be saved. Boil the parings in it a short time, strain it, add a pound of sugar for every pint of juice, boil twenty minutes very fast, and then put in the glasses to cool. If the water does not seem very strongly flavored with the fruit, boil half an hour instead of twenty minutes. Pear quinces may be used for jam and marmalade; and they will do well for either, although it is absolutely impossible to make them tender enough for preserves. Their flavor, when once they are cooked, is rich, and they can be managed in marmalade. Wash and wipe the quinces, and take out any dark or defective spot that may be upon them; cover them up without paring, cores and all; cover them with water in the preserving-kettle, and boil them until they are soft enough to be rubbed through a coarse hair sieve; then weigh equal quantities of the pulp and the granulated sugar; boil the mixture steadily for an hour, stirring constantly; put it into moulds, and when it is cold put a paper over it, pasted at the edges, and brushed with white of egg. Marmalade can be kept for almost any length of time. QUINCE JAM is made by allowing twelve ounces of sugar to one pound of fruit. Pare the quince, and core it, and boil it in as little water

as will do, until it is sufficiently soft to break easily ; then pour off all the water, and mash it with a spoon until it is entirely broken ; add the sugar to it, and boil twenty minutes, stirring it often.

ORANGE MARMALADE is liked by many persons, although some others dislike it on account of the bitter taste that it has. It is made in the following way : Weigh the fruit and the sugar, allowing pound for pound ; pare half the oranges, and cut the rind into shreds ; boil it in three waters until tender, and then set aside ; grate the rind of the remaining oranges ; take off and throw away every bit of the thick white inner skin ; quarter all the oranges, and take out the seeds ; chop or cut them into small pieces ; strain all the juice that will come away without pressing them, over the sugar ; beat this, thinning until the sugar is dissolved, adding a very little water unless the oranges are very juicy ; boil and skim five or six minutes ; put in the boiled shreds, and cook ten minutes, then the chopped fruit and grated peel, and boil twenty minutes longer. When cool, put into small jars, with brandied tissue-paper on the fruit, and cloths dipped in wax tied over the mouths of the jars, unless those with self-adjusting metal tops are used. The preserves, after they are made, should be kept in a cool, dry, and, if possible, dark, place. If the store-closet is not dark, it is a good plan to wrap glass jars and tumblers in dark-blue paper. The contents will keep much longer and better for such treatment.

CHAPTER XIX.

PICKLES AND CATSUPS.

WHILE filling the store-closet, it is well to look after the pickles, sauces, and relishes, as well as the preserves. You can put up for yourself articles of this kind that shall prove quite as good as Crosse & Blackwell's best. Besides, you have the advantage of knowing that every thing used is of the finest quality, that your vegetables and fruit are free from taint, and that your vinegar is pure, made from cider or wine, and not a manufactured article with poisonous acids for a basis. Not that this is always the case with the prepared pickles that one buys; but it is very likely to be with the cheap grades, which, by the way, are not cheap, but would be dear at any price.

The first rule in pickle-making, and one that should be as inviolable as the laws of the Medes and Persians, is this: Use none but the best cider vinegar; especially avoid the sharp, colorless liquid that is sometimes sold under that name. Cider vinegar is deep amber color, the rich color of the cider itself; and that pale, colorless stuff is weak sulphuric acid; that will play the mischief with the coat of any stomach, no matter how healthy it may be. Pickles should always have vinegar enough to cover them, and those intended for immediate use should be kept in wide-top stoneware jars. Keep a cloth folded upon the pickles, and the jar covered with a plate or wooden vessel; they should occasionally be looked over, and the softest and least likely to keep used first.

Pickles intended for use the following summer should be assorted from the remainder when first made ; choose those most firm and of equal size ; put them into stone or glass ware, with fresh vinegar to cover them ; cover the vessel close with several thicknesses of paper or a tin cover, or, if wide-mouthed bottles are used, cork them tightly. If you boil pickles in bell-metal, — although in these days of porcelain kettles very few use these old-time kettles, — do not let them stand in it even for one instant when it is off the fire, and make very sure yourself that it is perfectly clean and newly scoured before the vinegar is put in.

Look at your pickles every month to see if they are in good condition. Remove all that have become soft, and if you find there are any considerable number of them, drain off and scald the vinegar, adding a cup of sugar to every gallon, and pour hot over the pickles. If, however, they are keeping well, throw in a liberal handful of sugar for every gallon, and tie them up again. This tends to preserve them, and mellows the sharpness of the vinegar. This, however, it must be remembered, does not apply to sweet pickle.

The jars in which pickles have been, whether of glass or stone, will never do for preserved fruit afterwards, no matter how carefully they have been cleansed. The preserves will surely spoil if put into them. After the pickles have all been used from a jar, throw out the vinegar, wash the jar first in cold water, then pour hot water into it, cover, and let it remain until it is cold ; then wash, rinse, wipe, and dry them near the fire or in the sun, and set them away for future use.

The pickle in most common use is the small cucumber or GHERKIN. These are very nice, and a favorite with almost everybody. The cucumbers want to be picked, for the purpose of making this pickle, while they are very small.

They are not only prettier on the table, and more ornamental every way, but they look nicer packed in the jars when they are of uniform size, and they are much more tender and toothsome. There is nothing especially attractive in a large cucumber pickle. It looks out of place, even when cut, and does not tempt the appetite as do the small, dainty ones. So when you select the gherkins for your pickles, choose only the small ones, rejecting all that are over a finger in length, and every one that is misshapen or specked, however slightly, as you wish your pickles to have a uniform appearance. Pack them in a stone jar in layers, strewing salt thickly between each layer, and covering the top layer entirely from sight with the salt; then pour on enough cold water to cover the whole.

The pickles must be kept under the brine; and this may be done by placing a small plate or round board upon them, with a clean stone to keep it down.

If you do not happen to have a stone jar convenient, or none that you can take without disturbing its contents, you may use a wooden firkin or bucket for the purpose; it will answer very well.

You should have your pickles in the brine no less time than a week, and you may take a month if you have time, stirring up from the bottom every other day. If you use the longer time, the brine should be strong enough to bear up an egg. Those of you who are so fortunate as to have a garden, and raise your own cucumbers, know, of course, that the vines in the early bearing season should be inspected daily, and the cucumbers picked as soon as they are of the right size, and put at once into the brine. You can decide for yourself when you have enough. If you are in the city, and have not the advantage of the garden, your grocer or provision-dealer will secure the cucumbers for you. Usually it is better to decide how

many you want, and give your order early, as the first ones are likely to be the tenderer, and you want the best you can get.

When you are quite ready to put up your pickles, drain the brine from them, and throw it away, together with any cucumbers that may have softened under the salting process. Lay the rest in cold, fresh water for twenty-four hours. At the end of that time change the water for fresh, and leave the pickles still another twenty-four hours. Have a porcelain kettle ready, lined with green vine-leaves, and lay the pickles evenly within it, scattering powdered alum over each layer. A bit of alum as large as a pigeon's egg will be enough for a two-gallon kettleful. Fill with cold water, cover with vine-leaves, three deep; put a close lid or inverted pan over all, and steam over a slow fire five or six hours, not allowing the water to boil. When the pickles are a fine green, remove the leaves, and throw the cucumbers into very cold water. Let them stand in it while you prepare the vinegar. To one gallon allow a cup of sugar, three dozen whole black peppers, the same of cloves, half as much allspice, one dozen blades of mace. Boil five minutes; put the cucumbers into a stone jar, and pour the vinegar over them scalding hot; cover closely. Two days afterward scald the vinegar again, and return to the pickles. Repeat this process three times more at intervals of two, five, and six days. Cover closely, tie a stout cloth over the whole, and keep in a cool, dry place. They will be ready for use in six weeks, and will be found a thoroughly delicious pickle.

Putting the alum in the water in which pickles are soaked gives them the green appearance that is so great a recommendation, and a still easier way to green pickles of all kinds is to boil them in strong ginger-tea.

If horseradish is to be used in any of the pickles which

you are preparing, it must be scraped and dried; garlic must be soaked from three to ten days in salt and water, changing the water once or twice a day. Mustard and other seeds should be bruised, and spices put in without any further preparation. All these ingredients may be put in as you prepare them, but the vegetables must not be kept waiting; as soon as they are ready, the vinegar must be poured upon them. A nice PREPARED VINEGAR is made by a Southern rule as follows: Pour two gallons of vinegar to one pint of black mustard-seed, well beaten; four ounces of white ginger, three ounces of black pepper, three ounces of allspice, one ounce of cloves, one ounce of mace, all to be pounded together in a mortar tolerably well; a large handful of horseradish scraped, and cut into thin slices; one handful of garlic; two pounds of sugar; one ounce of celery-seed bruised; and three lemons sliced, the seeds being carefully picked out with the point of a penknife. This liquor will serve for either green or yellow pickle. If meant for the latter, add one ounce of turmeric. This vinegar should be made, and set in the sun during the clear hot weather in summer, and kept in a dry place. When the fruit for the yellow pickle is sufficiently bleached, more turmeric should be added; and if after a while it is not found sweet enough, add also more sugar until it is pleasantly flavored. In preparing cabbage, it is better to boil it a while in water flavored with a little salt, and let it drain in the sun for a few hours, than to keep it in brine for a few days: it is more tender and sooner fitted for use. When put in the vinegar, the cabbage should be sprinkled with turmeric.

But "sufficient unto the day," etc. Cucumbers are under consideration now, not cabbages; there will be time enough for them by and by when their time comes.

STUFFED CUCUMBERS have a prominent place in the list of approved pickles. Select forty large cucumbers, green

them, then cut them open lengthwise, and remove the seeds, being careful not to take out too much of the inside; sprinkle them with salt, and let them stand for twenty-four hours; take them out, and make a weakened vinegar in which to soak them a week or ten days; draw off the vinegar at the end of that time, and stuff them as follows: One-half pound of mace; the same of ginger and horseradish, scraped and dried; one pound of white-mustard seed, washed and dried; half a pound of garlic; two ounces of turmeric; two ounces of cloves; two ounces of mace; half a pound of celery-seed; beat all these ingredients well together in a mortar; mix a pint of made mustard and salad-oil with one pound of brown sugar; put in the spices and other ingredients; stuff the cucumbers with this mixture, and sew them up. Pack them in a jar, and pour over them strong cold vinegar, and expose to the sun every day until cold weather comes. You will find that this pickle improves greatly with age. Still another old-fashioned Southern pickle is the sweet-pickled cucumber. To make this, you use the large cucumbers; put them in brine for a week, slice them at once without cooking, and let the slices be an inch thick. When cut, soak them until the salt is nearly out, changing the water very often. Then put them in a porcelain kettle, with vine-leaves laid between the layers. Cover them well with leaves, and sprinkle pulverized alum all through them to harden and green them, then cover with vinegar, and set them on the back of the stove until they become green. Take the cucumbers out, and boil them for half an hour in ginger-tea. Make a sirup of one quart of strong vinegar and one pint of water, three pounds of sugar to four pounds of cucumbers, with one ounce of cinnamon, cloves, mace, and white ginger, to every ten pounds of fruit. Make this sirup hot, and put in the cucumbers, and boil until clear. When they are clear, take them out,

and boil the sirup until it is thick enough to keep. Pour it over the cucumbers, which should have been placed in jars ready for the sirup. They are now ready to seal up or to use, as may be desired. They will be found very nice indeed. Another very nice sweet-pickle is made of cantaloupes, the spice and vinegar giving the character that is desired in the pickle. Take a ripe cantaloupe, quarter it, remove the seeds, and cut into pieces an inch square. Put the cut pieces in a stone crock, and pour in scalding vinegar; when it cools, heat it again, and return it to the cantaloupe. Repeat this the next day. On the fourth day take out the fruit, and add fresh vinegar to cover it. To every quart of this vinegar add three pounds of loaf-sugar and five pounds of cantaloupe. Put to them nutmeg, cinnamon, and mace to taste. Put all in a porcelain-lined kettle, and simmer until the fruit can be pierced with a straw. Pack in small jars, and keep in a cool place.

WATERMELON-RIND makes a delicious and very handsome pickle: it is even nicer treated in this way than it is when preserved, and is quite as ornamental. Marion Harland pronounces it "extremely nice;" and as it is her rule that I use, and that I find most generally followed by the few who make this pickle, I take the liberty of using it here.

The ingredients for a pickle of this kind are an equal weight of the rind and white sugar, one-half an ounce of white ginger to every gallon of pickle, one pint of vinegar to every pound of sugar, one tablespoonful of turmeric to every gallon of pickle; mace, cloves, and cinnamon to taste. Take the thickest rind you can get, pare off the hard green rind, also the soft inner pulp. Lay the pieces (narrow strips or fanciful cuttings) in brine strong enough to float an egg, and let it remain in it ten days. Then soak in fair water, changing it every day for

ten days. Cover them with clear water in a preserving-kettle, heat slowly, and boil five minutes. Take them out, and plunge instantly into ice-water. Leave them in this until the next day. Give them another gentle boil of five minutes in strong alum-water. Simmer carefully, as a hard boil will injure them. Change directly from the boiling alum-water to the ice-water again, and do not disturb them for four hours. After a third boil of five minutes, let them remain all night in the last water to make them tender. Next day add to enough water to cover the rinds sufficient sugar to make it quite sweet, but not a sirup. Simmer the rinds in this ten minutes: throw the water away, and spread them upon dishes to cool. Meanwhile prepare a second sirup, allowing sugar equal in weight to the rind, and half an ounce of sliced white ginger to a gallon of the pickle, with a cup of water for every two pounds of sugar. When the sugar is melted and the sirup quite hot, but not boiling, put in the rinds, and simmer until they look quite clear. Take them out, spread them upon dishes again while you add to the sirup a pint of vinegar for every pound of sugar you have put in, one tablespoonful of turmeric to every gallon of pickle, and mace, cloves, and cinnamon to taste. Boil this up, return the rind to it, and simmer for fifteen minutes. Put up in glass jars. It will be fit for use in two weeks, but sealed it will keep for years.

In the same way the sweet pickles have come "to the fore" earlier than was intended; but, as they are here, they may stay, while the cauliflower, cabbage, and onions, which should have been considered immediately after cucumbers, shall receive the delayed attention now.

So many people like PICKLED CAULIFLOWER that it really pays to make it. Any thing pays that gives pleasure to people, you know; and this is really more emphatically true in housekeeping than in any thing else. So, if

“the family” like pickled cauliflower, by all means prepare it for them. Select the whitest and closest bunches that look firm and wholesome, and are free from any discoloration. Cut them into small sprays, or clusters; plunge into a kettle of scalding brine, and boil for three minutes. Take them out and lay upon a sieve or cloth, sprinkle thickly with salt, and, when dry, brush this off. Cover with cold vinegar for two days, setting the jar in the sun. Then pack carefully in glass or stoneware jars, and pour over them scalding vinegar prepared in the following manner: To one gallon of vinegar allow one cup of white sugar, a dozen blocks of mace, a tablespoonful of celery-seed, two dozen white peppercorns, and some bits of red-pepper pods, a tablespoonful coriander-seed, and the same of whole mustard. Boil for five minutes. Repeat the scalding three times, with intervals of a week between each repetition; then tie up and set away. Keep the cauliflowers under the vinegar by putting a small plate on top. A very nice **YELLOW PICKLE** from cabbages may be made by the following process: Cut four cabbage-heads into eighths, if large; into quarters, if small. They must be white and tender. Soak them in strong brine for three days, and scald in clear water until you can pierce the pieces with a straw. Then take them from the water, and dry on large dishes twenty-four hours. At the end of that time, put the pieces into strong vinegar, with sufficient powdered turmeric to turn the cabbage yellow: a tablespoonful to a gallon of vinegar is usually considered a good proportion; but, if it is found not to have the desired effect, add still more turmeric, but not in such large quantity. Let the cabbage remain in this vinegar for ten days; then take it out, and drain on a sieve for several hours. Have the following spices prepared, then pack the cabbage in jars with the spices between each layer: To every gallon of vinegar allow three ounces of turmeric,

two of ginger, four of horse-radish, two of white mustard-seed, one-half ounce celery-seed, a quarter of an ounce of mace, two ounces of whole pepper, and five ounces of garlic. After packing the cabbage and the spices, scald the vinegar, allowing five pounds of white sugar to every gallon of vinegar, and cooking together. When they are thoroughly hot, and the sugar all dissolved, pour at once on the cabbage and spices. Cover tight, and rest assured you will have a nice pickle, at which even the most fastidious cannot cavil. The purple-red cabbage makes a good pickle; and it is a change from the white, green, and yellow pickles that are usually seen. Slice the cabbage, and sprinkle it with salt. Let it remain for three days, drain, and throw away the juice, and pour over the cabbage boiling vinegar, in which you have put mace, bruised ginger, whole pepper, and cloves; let it remain in this until the next day; then give it one more scald, and it is ready to put up for use.

ONIONS make a delicious pickle, and many more people like them than are ready to acknowledge that liking. They look well in the jars, and are an ornamental addition to the store-closet, if one wanted them just to look appetizing. Take as many small silver onions as a quart of water will hold after they have been peeled. Boil a half a cup of salt in a quart of water, until the salt is well incorporated, then pour the brine over the onions. Let them stand, closely covered, for at least twenty-four hours; then drain the brine off, and place the onions between two dry cloths, to absorb all the moisture. Then put them in the jars, and pour hot vinegar over them, in which have been previously boiled two or three bits of ginger-root, and half a teaspoonful of white pepper. Cover closely. They will be ready for use in three weeks, but are better in six weeks or two months, if they are left undisturbed that length of time.

CHOW-CHOW, or mustard pickle, is justly regarded as a delicacy ; and it has come to be believed that this admirable relish cannot be made at home; but this is a mistake. It may be made by any housewife, and the homemade article tastes very like that which is imported.

The vegetables used should be very tender, and wide-mouthed glass jars should be provided for the putting-away of this pickle. The following recipe will fill four quart bottles ; and any one wishing to make either more or less, may make the proper proportions from the directions that are given here. Take two large, perfect heads of cauliflower, and divide them up into small but shapely pieces, so as to leave a little of the blossom unbroken in each one, one quart of cucumbers, no one of which shall be over two inches long, one dozen small green-pepper pods, and one quart of cloves, of garlic, or tiny onion-bulbs peeled ; half a pint of nasturtium-seeds are nice, but they may or may not be included, as is convenient to the pickle-maker. Let all the vegetables stay in brine for twenty-four hours, the garlic or onions to be scalded, and left to soak in a dish by themselves ; next morning mix all the vegetables together, and let them drain two hours through a colander ; taste them, and, if they are still too salt to be palatable, pour a bath of hot water through them while they are still in the colander ; next put the vegetables in a preserving-kettle over the fire, sprinkling through them two ounces of turmeric, adding two table-spoonsful of cayenne pepper, and a quarter of a pound of English mustard mixed smooth with a teacupful of water that has boiled, but has become lukewarm ; pour on enough of the best cider vinegar to cover well, and simmer until the vegetables are tender, watching and stirring from time to time. Bottle and seal ; and, when ready for use in four or six weeks, you will find a very nice relish that will surprise you by its goodness.

Pickles, sweet and sour, having been considered, the next thing to do is to prepare the catsups and sauces, which shall complete the furnishings of the store-closet, and have it well stocked for the year. This closet, when it is well filled, will be a source of the greatest comfort and convenience to you during the entire winter. You have your jellies for game, your pickles for a relish with your meats, your sauces for meats and fish, your sweet-meats for tea and luncheon, your jams and jellies for cakes and tarts; in short, you have all the "extras" that are needed for all the emergencies that may arise, and you will have a corresponding sense of security. The city housekeeper, with all her opportunities for reaching markets and shops, does not feel the need of the store-closet as much as her sister in the country does; but, when once the closet is established in the city house, it remains, usually, a permanent institution.

Green-tomato sauce, or PICCALILLI, is usually made from the green tomatoes that are left on the vines when the cool weather sets in, and prevents further ripening. This gives the opportunity of making it on any cool day in the autumn, instead of a warm day in the early season. The proportions used in the rule given may be increased or decreased, according to the amount desired by the maker. Chop a peck of green tomatoes, four green peppers, and two onions. Put a cup of salt over them, and let them stand one night in a large earthen kettle. In the morning pour off all the juice, and throw it away. Put the chopped vegetables into the preserving-kettle, with nice cider vinegar enough to cover them; add one cup of sugar, one tablespoonful of powdered clove, one tablespoonful of cinnamon, a nutmeg, about one-half a teaspoonful of mace; boil slowly until the vegetables are soft, stirring frequently to prevent sticking on the bottom of the kettle. If it is not quite as sweet as

you like it, add an additional half-cup of sugar. Your taste must determine the amount of sweetening that shall be used. Pour the sauce into a stone jar, and, when it is cool, tie a cloth over the mouth of the jar, and put on the stone cover. It will be ready for use in a week, but it grows better with age, and is nicer at six months than at one. It seems to mellow by age, and usually, just as you are using the last, you are wondering why it is so very much better than it has ever been before. It is one of the things that it is pleasant to make. Usually the odors of cooking are not nice when they penetrate from the kitchen to other parts of the house; but the aroma of the spices, mingled with the vinegar, fills all the rooms with an aromatic perfume that is simply delightful. Many housekeepers purposely set the kitchen door ajar, to let the spice-flavors penetrate to other rooms. It is a perfume too subtle to last, and there are no "exhausted odors" lingering about after the spices have been cooked.

TOMATO SOY is not unlike the piccalilli, but it is seasoned so differently that it really makes it like quite another sauce. To make this relish one will require half a pound of white-mustard seed, a quarter of a pound of ground mustard, two ounces of black pepper, two ounces of allspice, half a pint of salt, one peck of green tomatoes, one dozen sliced onions, and vinegar enough to cover the vegetables and spices when they are in the preserving-kettle. Slice the tomatoes, instead of chopping them as for the piccalilli; sprinkle them over very liberally with salt, and let them stand in a large earthen pan for twenty-four hours; then drain them, throwing away the juice, and lay the slices in the porcelain preserving-kettle in layers, with the onions on the spices between each layer. Cover all with the cold vinegar, and boil slowly until perfectly soft, stirring often to prevent burning. When it is soft, bottle and seal.

This will be found a sauce piquant and hot enough to suit the palate of any East Indian of them all. It is particularly nice with cold meats and with fish.

Still another GREEN TOMATO SAUCE is made, which occupies a place about midway between the piccalilli and the soy, being less hot than the one, and less mild than the other. To make it you may slice one peck of green tomatoes very thin, and also slice twelve good-sized onions. Put them in layers with half a pint of salt, and leave them for twelve hours or over night in an earthen pan; then drain them slowly, and throw away the juice. While they are draining, mix together a half a pound of white-mustard seed, one ounce of ground cloves, one of allspice, one of ginger, one of pepper, one of celery-seed, a quarter of a pound of table-mustard, and one pound of brown sugar. Put the tomatoes and onions in the kettle, adding the spice; cover with strong vinegar, and boil until the tomatoes are soft and clear. Put the sauce in jars, and keep from the air.

A Southern GREEN TOMATO SWEET PICKLE is called very nice, and it is a favorite in Virginia. Slice green tomatoes until you have seven pounds; sprinkle with salt very liberally, and let the tomatoes stand in an earthen dish for twenty-four hours. Pour off the juice, and soak the tomatoes for another twenty-four hours in fresh water, to get the brine from them. The object of the salt, by the way, is to draw out the acid juice, which makes the green tomato so unpalatable; and as this is a sweet pickle, and not a sauce, the salt must be thoroughly extracted after it has done its work of drawing out the unpleasant flavor. Take the tomatoes from the fresh water and drain them; allow four and one-half pounds of sugar, one ounce of cinnamon, one ounce of cloves, and enough vinegar to cover them. Boil these together, and pour the mixture over the tomatoes while hot; let them stand twenty-four hours,

then bring all to a boil, and when cooked put in glass jars, seal, and set away in a cool place away from the light.

CHILI SAUCE is made from the ripe tomatoes. Take ten pounds of ripe tomatoes that have been peeled, two pounds of onions, seven ounces of green peppers without the seed, six ounces of sugar, four ounces of salt, one and one-half pints of vinegar. Slice the tomatoes, peel and chop the onions and peppers. Boil all the ingredients together in a porcelain-lined preserving-kettle, until it is as thick as you desire it, stirring it frequently to prevent burning. The quantity of material used will make from three to four quarts. Bottle and seal it as soon as it is done. From all these receipts for tomato sauces, surely one will be found to suit everybody. It is not expected that every housekeeper will try them all, or indeed that any one will go through the entire list; but tastes vary so much, especially in regard to seasoning, that it has been considered best to give various degrees of spice in these preparations.

It is possible that many people who have flower-gardens, and who raise quantities of nasturtiums, do not know what a good substitute for capers PICKLED NASTURTIUM-SEEDS make, nor how easily they are prepared. Here, then, is a little home economy that may be practised by any one who has the disposition for it. Take the green seed of the nasturtium after the flower has dried off; lay them in salt and water for two days, then put them in fresh cold water for one day; pack them in bottles, and cover with scalded vinegar, which has been seasoned with mace and peppercorns, and slightly sweetened with white sugar. Cork them tight, and do not use for at least a month. You will find them very nice, and with these at hand you will not miss your capers, as these are used for exactly the same purposes.

A capital receipt for a sauce, where a hot relish is

desired, is given by Mrs. Miller, in her "In the Kitchen," which I am going to quote here. It is called "THOM'S PICCALILLI." In reality, it is a variety of mustard pickle, and while there are no tomatoes used, there are gherkins, button-onions, nasturtium-seeds, cauliflower, red peppers, and the heart of a small cabbage. Put the vegetables, a few of each, in brine for thirty-six hours, then drain them well, and lay them in glass jars, and pour the following dressing over them: Take half a pound of sugar, two quarts of vinegar, half a pint of sweet-oil, two ounces of curry, two ounces of dry mustard, one ounce and a half of ginger, one ounce of turmeric; rub the curry and mustard with the oil, add the other ingredients, and boil until it thickens; while it is boiling hot pour over the vegetables, which have been packed in the jars, and seal at once.

TOMATO CATSUP is more generally used than all the other kinds put together. Some of the other varieties are well worth the making, and they serve as a very good change from the tomato. Lemon, oyster, and mushroom catsups are delicious: and wild grapes make a catsup that is by no means to be despised. But to begin with our old friend tomato first. For this catsup you will require one peck of ripe tomatoes, one ounce of salt, one ounce of mace, one tablespoonful of black pepper, one teaspoonful of cayenne, one tablespoonful of powdered cloves, seven tablespoonfuls of ground mustard, one tablespoonful of celery-seed, tied in a thin muslin bag. Cut the tomatoes in pieces, but do not peel them; put them into a porcelain kettle, and boil until all the juice is extracted and the pulp dissolved. Strain and press through a colander, and then through a bar sieve. Return to the fire, add the seasoning, and boil at least five hours, stirring constantly for the last hour, and very often throughout the time it is on the fire. Let it stand for twelve hours in a stone jar

on the cellar-floor. When cold, add a pint of strong vinegar. Take out the bag of oelery-seed, and bottle, sealing the corks. Catsup, like preserves, and all other nice things, should be kept in a cool, dark place.

MUSHROOM CATSUP is extremely delicate, and, like all delicate things, it spoils very easily. For this reason, it is well to make but a little, and to use very small bottles for putting it away in, as it will not stand exposure to the air. The following will make a sufficient quantity to keep through a season for a moderate-sized family: Lay, in an earthenware dish, in alternate layers of mushrooms and salt, two quarts of mushrooms, and a quarter of a pound of salt; let them lie six hours, then break into small bits; set in a cool place for three days, stirring thoroughly every morning; measure the juice when you have strained it, and to every quart allow half an ounce of allspice, the same quantity of ginger, half a teaspoonful of powdered mace, and a teaspoonful of cayenne. Put into a stone jar, cover closely, set in a saucepan of boiling water over the fire, and boil five hours hard. At the end of that time take it off, empty it into a porcelain kettle, and boil slowly half an hour longer. Let it stand all night in a cool place, until settled and clear. Pour off carefully from the sediment, and bottle, filling the flasks to the mouth. Dip the corks in melted rosin, and tie up with bladders.

To make OYSTER CATSUP you will use one quart of oysters, one tablespoonful of salt, one teaspoonful of cayenne pepper, one teaspoonful of mace, one teacupful of cider vinegar, and one teacupful of sherry. Chop the oysters, and boil them in their own liquor, with a teacupful of vinegar, skimming the froth and scum as it rises. Boil three minutes, strain through a hair cloth, return the liquor to the fire, add the wine, pepper, salt, and mace. Boil fifteen minutes, and, when cold, bottle

for use, sealing the corks. It is oftentimes a great convenience to have vinegar ready spiced for use in making sauces, and after it is prepared it will keep a long time. A simple way of spicing vinegar is as follows: Take three pounds of sugar, two ounces of mace, two ounces of cloves, two ounces of pepper, two ounces of allspice, two ounces of turmeric, two ounces of celery, and two ounces of white ginger in small pieces, two ounces of ground mustard. Mix the spices, put them in small bags of thin but strong muslin, lay them in a three-gallon crock with a small mouth, put in the sugar, and fill the crock with the best cider vinegar. Keep closely covered, and use for whatever purpose you may desire.

GRAPE CATSUP must be made in the autumn, when the fruit is plentiful and cheapest.

Take five pounds of ripe grapes, two pounds and a half of sugar, one pint of vinegar, one tablespoonful of ground cinnamon, one tablespoonful of ground cloves, one tablespoonful of ground allspice, one tablespoonful of pepper, half a tablespoonful of salt. Boil the grapes in enough water to prevent burning. When the juice is well evaporated and the pulp soft, strain through a colander to free the skins and stones from the pulp; add all the ingredients to the strained pulp of the grapes, and boil until a little thickened; bottle and seal.

LEMON CATSUP makes a very nice seasoning for fish sauces, fish soup, or for game ragoûts. There are several ways of preparing it; but Marion Harland's is, in the writer's estimation, the best and most comprehensive of all, so it is given here in preference to any other. Twelve large, fresh lemons, four tablespoonfuls of white-mustard seed, one tablespoonful of turmeric, one tablespoonful of white pepper, one teaspoonful of clove, one teaspoonful of mace, one saltspoonful of cayenne, two tablespoonfuls of white sugar, two tablespoonfuls of grated horseradish;

one small onion, minced fine; the juice of the lemons; two tablespoonfuls of salt. Grate the rinds of the lemons, grind the spices, and put all together, including the horse-radish. Strew the salt over all; add the juice of the lemons, and let it stand three hours in a cool place. Boil in a porcelain kettle for half an hour. Pour into a covered china or stone jar, and let it stand for a fortnight, stirring well every day. At the end of that time strain, bottle, and seal.

After having made catsups, should they seem frothy or foamy, put them in a porcelain kettle over the fire; boil slowly, and skim until no more scum arises, then turn into an earthen vessel to cool, after which put in bottles and stop them tight.

SWEET APPLES make a nice pickle; indeed, many house-keepers think that for sweet pickle they cannot be excelled. They are simply made: Pare over and quarter the apples; boil them until you can pierce them easily; make a sirup of vinegar and sugar, in the proportion of a quart of vinegar to a pound of sugar; when well boiled, put in the apples, cook a few minutes, then put into jars, and cover closely. If you like, you may spice the sirup, and stick two whole cloves into each quarter of apple. The clove gives an excellent flavor.

PICKLED OYSTERS are a nice relish for lunch, and are quite easily prepared. They are convenient, too, to have on hand in case of an unexpected call at luncheon-time, when you want something to "piece out" what you already have.

Take fine, large oysters, and put them over a gentle fire with their own liquor, and a small lump of butter to each hundred oysters. Let them boil ten minutes; when they are plump and white, take from the liquor with a skimmer, and spread them on a thickly folded cloth. When they are firm and cold, take an equal quantity of their own

liquor and vinegar, using only the best cider vinegar in this, as in all the pickles. Pack the oysters in glass jars with wide mouths, and between each layer of the oysters put in a spoonful of ground mace, a dozen cloves, allspice, and whole pepper ; pour the hot vinegar over them ; and if they are to be kept any time, pour a little sweet-oil on the top. Seal them tight, and they will, if kept in a cool place, be good for months.

It is best always to keep pickles in glass, as they not only look attractive, but it really is the safest way. They should never be kept in potters' ware, as arsenic and other poisonous substances are used in the glazing, and this is sometimes decomposed by the vinegar. Of course, this does not always, and perhaps not often, happen ; but it is better to be on the safe side, and use the glass, for fear of what might happen. A word of caution on this subject is probably all that will be needed.

CHAPTER XX.

SALADS.

AFTER watching the concoction of a salad, especially one with a mayonnaise-dressing, one is more than ever convinced that the making thereof is a solemn rite, for the proper fulfilling of which the powers must be propitiated. It is not a matter that can be taken in hand lightly, nor with assurance. You never know how it is coming out until it has come; and, if it is all right, you return devout thanks. Everybody knows the old Spanish proverb, that "to make a perfect salad, there should be a miser for oil, a spendthrift for vinegar, a wise man for salt, and a madcap to stir the ingredients up and mix them well together." In a more serious strain writes a French chemist, who evidently does not consider a salad-dressing beneath his earnest scientific consideration. He says, "The dressing of the salad should be saturated with oil, and seasoned with pepper and salt before the vinegar is added. It results from this process that there can never be too much vinegar, for, from the specific gravity of the vinegar compared with oil, what is more than useful will fall to the bottom of the bowl. The salt should not be dissolved in the vinegar, but in the oil, by which means it is more equally distributed through the salad."

The celebrated English wit, Sydney Smith, appreciated good things to eat, especially salad; and he ripples into rhyme over some directions for the preparation of a salad-dressing. It is well worth quoting, more particularly

because more than one good authority pronounces it well worth following. I would not dare to say how many old-fashioned scrap-books I have found it pasted in. It must have been the favorite receipt for house-mothers a generation ago. It shall be given here, if only in contrast to the mayonnaise-dressing of the present day.

“Two boiled potatoes, strain through kitchen sieve,
Softness and smoothness to the salad give;
Of mordant mustard take a single spoon —
Distrust the condiment that bites too soon;
Yet deem it not, thou man of taste, a fault,
To add a double quantity of salt.
Four times the spoon with oil of Lucca crown,
And twice with vinegar procured from town;
True taste requires it, and your poet begs
The pounded yellow of two well-boiled eggs.
Let onion's atoms lurk within the bowl,
And, scarce suspected, animate the whole;
And lastly, in the flavored compound, toss
A magic spoonful of anchovy sauce.
Oh, great and glorious! oh, herbaceous meat!
'Twould tempt the dying anchorite to eat.
Back to the world he'd turn his weary soul,
And plunge his fingers in the salad-bowl.”

There may not be much poetry about this, but there is rhyme, reason, and enthusiasm; and the writer had evidently just been indulging in a salad made by his own rule, for his words are evidently born of decided convictions. This dressing is said to be especially nice with turkey or chicken. It is not so difficult to make as the mayonnaise-dressing, and we may be always tolerably certain of the results, which are pretty sure to be good.

In the list of salads may be included all green vegetables which are eaten raw, and dressed with oil, vinegar, salt, and pepper. Potatoes, string-beans, beets, asparagus, cauliflower, and many other vegetables which have been cooked, are eaten cold with a salad dressing, — usually

the simple French dressing. Lobster, oysters, salmon, and other kinds of cooked fish, eggs, chicken, and delicate meats, are combined with lettuce, cresses, or celery, and salad-dressing, and give many very pleasant varieties of this favorite form of food. The French say, you know, that you can make a salad of any thing ; they even use the blossoms of the nasturtiums for the purpose. Certainly nothing could be prettier than a salad of nasturtium-flowers. They have a delicate, piquant taste, that the dressing aids materially in bringing out. In preparing any given vegetable salad, the first care is to preserve the freshness, crispness, and flavor. To do this, put them into ice-water for at least an hour, then dry them very carefully with a soft towel or cloth, taking care not to bruise them. They should then be set on the ice until they are wanted for use. Serve them on a very cold plate, and do not pour the dressing over them until you are ready to serve it. In that way, and that only, you will have it as you want it.

There is no more attractive dish for the table than a nicely prepared salad, especially when it is prettily garnished. In hot weather the very sight of it is refreshing, and it compels appetite when one has given up the idea of eating, and almost has lost the desire. It is wholesome as well as attractive, for every thing is in its season and at its best ; and it really seems as though it was Nature's own food for her children.

There is a strong prejudice in the minds of many persons against the use of oil, and they weigh, consequently, against all salads, forgetting, or possibly not knowing, that butter or cream may be used as a substitute for oil, with very good results. Let those persons try a salad made with a cream-dressing, the rule for which will be given in the course of the present chapter.

This prejudice does not seem so strange, when the

rancid oil is remembered, that is sometimes offered for sale. If one may believe all that the opposers of adulteration assert, pure olive-oil is seldom to be obtained.

No doubt much that is sold as olive-oil is made from cotton-seed ; but if it were sold under its right name, and at a reasonable price, there would be no objection to its use. When properly purified and sweet, it may be as wholesome as olive-oil. They are both vegetable oils, which are always considered more nutritious than animal oils. Oil is one of the best fats we can use, and it aids in digestion. When taken only in lobster salad, or at late suppers, as is often the case, it is apt to be held accountable for the horrors and torments following such a use ; but if used sensibly and moderately, there will be no ill effects. The easiest dressing to prepare, and the kind that is nearly always used for a vegetable salad, is the simple affair known as FRENCH DRESSING. To make this, you would use one saltspoonful of salt, one-half a saltspoonful of pepper, three teaspoonfuls of oil, one-quarter of a teaspoonful of onion-juice, and one tablespoonful of vinegar. Mix this dressing in the order given, adding the oil very slowly. As well as dressing for a vegetable salad, this is used to season and pickle a meat or fish salad. If it is preferred, the onion may be omitted, and lemon-juice used instead of vinegar. To some persons the dressing is improved by adding a teaspoonful of made mustard.

Potatoes, onions, beets, turnips, carrots, and red cabbage, all may be used as vegetable salads ; potatoes and onions are sliced, the cabbage is chopped, the beets and turnips are cut into dice, and the carrots into a fancy shape. To prepare the VEGETABLE SALAD, take the amount of vegetables required, and season them with salt and pepper ; to every pint of vegetables allow the yolk of one hard-boiled egg, and one heaping tablespoonful of chopped

parsley ; have ready a FRENCH DRESSING prepared by the rule given above ; put on a salad-dish alternate layers of vegetables, yolk of egg rubbed through a fine strainer, parsley, and dressing, until the materials are all used.

Have parsley and eggs on top, and leave half of the dressing for the last layer. Or arrange the potatoes, parsley, and egg in the centre, and around them a circle of beets and carrots, with lettuce around the edge, and French dressing sprinkled over the whole. Set on the ice until ready to serve, as the salad is not good unless the peculiar crispness and coolness be preserved. A precaution, by the way, that will bear repeating.

There is more difficulty and uncertainty attending the making of a MAYONNAISE DRESSING than any other form of salad preparation. It has a most aggravating way, at times, of doing just what you don't want it to. There is probably no cook, however skilful, who is infallible on this point. One and all, they have at some time in their career had the unpleasant experience of having a mayonnaise curdle under their hands. It is well to understand before beginning, that the same thing is likely to happen to every one of you ; and perhaps it may assist you to bear the trouble more philosophically, to know that your experience is not an isolated one. Misery always loves company, whether one is miserable over a spoiled salad-dressing, or some other less weighty matter. If you are not frightened beforehand, and so make your failure before beginning the mayonnaise, you will collect together the following ingredients : One teaspoonful of mustard, one teaspoonful of powdered sugar, one-half a teaspoonful of salt, one-quarter of a saltspoonful of cayenne, the yolks of two eggs, one pint of olive-oil, two teaspoonfuls of vinegar, two tablespoonfuls of lemon-juice.

Mix the mustard, powdered sugar, salt, and cayenne in a small bowl, add the yolks of the eggs, and stir well

with a small wooden spoon. Add the oil very slowly, a few drops at a time, stirring all the while. The easiest way to manage the oil is to pour it into a pitcher; then it can be turned in a very fine stream into the bowl, and the pitcher held with one hand while you stir unceasingly with the other. If, by chance, you get in too much oil at a time, do not attempt to stir it all in at once, but take it gradually. When the dressing is thick, thin it with a little lemon-juice; then add oil and lemon alternately, and lastly the vinegar. When it is ready to serve, add half a cup of whipped cream, if you like. The cream makes the mayonnaise white and thinner. The oil should thicken the egg almost immediately, and the mixture should be thick enough to be taken up in a ball on the spoon before adding the vinegar. Should the egg not thicken quickly, and have a curdled appearance, half a teaspoonful of the unbeaten white of egg, or a few drops of vinegar, may, but it will not always, restore its smooth consistency. Be careful not to use too much, as it will make the dressing thin. The dressing liquifies as soon as mixed with vegetable or meat, therefore it should be made stiff enough to keep in shape until used.

Many persons prefer in mixing the mayonnaise to use a Dover egg-beater, and others think they have better success with a fork. The trouble with the egg-beater is that the mixture soon becomes too hard to use it with advantage. If you desire to color the mayonnaise, you may make it a bright red by mixing in lobster-coral, which has been dried and pounded to a powder. It can be colored green by using spinach-green, mashed green peas, or chopped parsley. Never mix the mayonnaise dressing with the meat or fish until you are ready to serve it; then use only a part for that purpose, and spread the remainder over the top. The rule for BOILED SALAD DRESSING is given in the chapter on "An Emergency Dinner," in

connection with a salmon salad, and I will not repeat it here.

CREAM SALAD DRESSING, for those who do not like a dressing with oil in it, is made by using the yolks of three hard-boiled eggs, the raw yolk of one egg, one tablespoonful of melted butter, two tablespoonfuls of vinegar, one gill of thick cream, one-half a teaspoonful of salt, one-quarter of a teaspoonful of black pepper. Mash the hard-boiled yolks until they are fine, then add the raw yolk, and work them until they are perfectly smooth; add the salt, pepper, and melted butter, then the cream, slowly working and stirring all the while until it is perfectly incorporated; last of all add the vinegar, mix well, and it is finished.

POTATO SALAD is one of the simplest of all the vegetable salads, and is good for luncheon, as it is easily prepared. Cut three good-sized or six small cold boiled potatoes into very thin slices; chop a good-sized onion into small pieces, and mix them with the potatoes. Make a French dressing and pour over them, sprinkle with a few sprigs of parsley chopped fine, set aside on the ice for an hour or two before serving. Tarragona vinegar is much nicer than the plain vinegar for any salad-dressing.

How many of you have ever tried an **EGG SALAD**? Well, here it is. Boil six eggs for twenty minutes; while they are boiling make a French dressing, adding to it a little onion-juice and chopped parsley. When the eggs are done remove the shells, cut them into slices, arrange the slices on a dish overlapping each other, and pour the dressing over them while they are still hot. Set away to get cold for two hours; garnish with parsley to make them look more appetizing, and if you want the salad to taste very nice, follow Mrs. Lincoln's advice, and serve small cottage cheeses with it.

LOBSTER SALAD is probably the salad with which every one is best acquainted. Use one pint of lobster-meat cut in dice; cover it with a French dressing, and set on the ice to cool. When ready to serve, mix with half the mayonnaise-dressing that you propose to use. Make cups of lettuce-leaves, put a large spoonful of the lobster in each, and pour mayonnaise on the top.

CHICKEN SALAD. For this delicious salad, really one of the nicest and most delicate, use a pint of cold roasted or boiled chicken, cut into small pieces, and half as much celery cleaned, and cut into thin pieces. Mix with a French dressing, just as you did for the lobster salad, and set on the ice to keep cool until serving time. Have your mayonnaise or cream dressing prepared; mix a part of it with the chicken and celery, arrange in a salad-dish, put the rest of the dressing over, and garnish with capers and celery-leaves.

By the way, capers are a nice addition to potato or vegetable salad.

CHAPTER XXI.

A CHILDREN'S PARTY.

ONE always dreads the inevitable party for the children, for there is always more or less responsibility involved. It is no light matter to keep a restless little army amused and entertained, and yet avoid the small accidents to clothes and persons that are annoying, both to the entertainer and the parents of the children. It requires all the tact and ingenuity that one person possesses to amalgamate the different temperaments, to fuse the various elements, each one of which is a positive force, and make things "go" without any perceptible friction.

But, after all, the greatest responsibility comes in taking care of the tender little stomachs, so that you need not have too many cases of indigestion and gastric disarrangement laid at your door. The rule to follow is to have simple things, that the children may eat without danger. They are hungry folk, these wee ones; and they must have something that will satisfy their appetites, and be perfectly wholesome. Give them, then, the simple food, but have a sufficient quantity, and have it so varied in form as to make the table look pretty, and to satisfy the artistic craving of the children.

For, credit it or not as you may, it is an absolute fact, that the externals of the table appeal to children as much as they do to their elders, and the simplest preparations of food taste just as well to them as more elaborate dishes, if they are only daintily served. Give them plenty

of bread and butter, the bread cut into the thinnest of slices, and buttered with nice, wholesome butter (have the slices small, as well as thin, and they will be sure to eat more), sandwiches made of chicken, wafers, crisps, plain cake made into little hearts and rounds, and frosted, some simple blanc-mange, and ice-cream as a matter of course.

If you have candies, serve them sparingly, and have them home-made if possible. There are kisses and caramels that can easily be made at home, and you know then that they are absolutely pure and harmless.

Little cakes in any form are very acceptable to the childish appetite, and among the articles of this kind that may be served in quantity, and with no fear of ill results, are Mrs. Lincoln's **WHOLE WHEAT CRISPS**. These are made from the fine granulated wheat flour that is prepared by the Health Food Company, and are at once healthful and palatable. Take one cup of cream, one-quarter of a cup of sugar, one saltspoonful of salt, and enough flour to make a stiff dough; mix them in the order given, and knead them fifteen minutes, or until they are stiff enough to roll out as thin as a wafer; cut with a biscuit-cutter, and bake on ungreased tins in a very hot oven. If the cream is not quite sweet, it is no especial matter, as the sugar will sweeten it sufficiently and overcome all acidity.

Every child who has been blessed with a grandmother (and let us hope there is not one who has ever missed this most delightful of relationships) knows the old-fashioned pound-cake that used to be made into hearts and rounds for the delectation of the childish palate. No other form could have been devised in which there would have been such a flavor as there was in those cakes, and when they were covered with frosting, and had the special childish initial on the top, they were nothing short of perfection.

Who doesn't remember the "sugary-spicery" odor which floated out to meet the nostrils as the cake-box was opened; how the mouth watered, and how large the waiting eyes grew. Pound-cake forever! and woe to the unlucky cook who dares attempt an innovation on the shapes. Mrs. Lincoln knows all about it when she says, "Pound-cake is lighter when it is baked in small cakes than in loaves." Of course it is, and sweeter too. The veriest child of them all could tell you that, and hereafter there will not be one in all the army of little ones whose faith will not be implicit in Mrs. Lincoln's way and opinions. So, when you make the pound-cakes for the party, don't try any absurd experiment of putting the mixture into loaves; you'll only have your labor for your pains; but get out your little cake-forms and go ahead. Here is a good old family rule for POUND CAKE, that has been well tested. Twelve small or ten large eggs, one pound of butter, one pound of fine granulated sugar, one pound of flour, less one tablespoonful. Cream the butter thoroughly, and beat in the sugar, then the well-beaten yolks of the eggs, then the whites whipped to a stiff froth, then put in the sifted flour carefully, stirring enough to mix well; fill the little dishes about three-quarters full and bake; do not, if you can avoid it, move them after they are in the oven. When they are done, take them from the pans and frost them. It is a pretty idea to put the initial of each child invited into a cake. Somehow it makes the little ones feel as if the cake was their very own.

A simple rule for PLAIN POUND-CAKE gives seven ounces of flour, eight ounces of sugar, six ounces of butter, half a teaspoonful of mace, the rind and juice of half a lemon, and five eggs. Grate the lemon-rind until you get the yellow outside from one-half of it; squeeze out the juice from that half, and strain it through a fine strainer, with

a bit of muslin laid over it; cream the butter, and stir into the sifted flour; beat the yolks of the eggs very light, and add the sugar, beating it in very thoroughly; add them to the butter and flour, mix them well together, and add the whites of the eggs which have been beaten to a stiff froth; and, last of all, add the mace and lemon-juice and grated rind. Bake in the small tins, and frost, as by direction. Pound-cake is made by weight, instead of measurement; and, if you have no household scales that are accurate, it is well to let your grocer weigh the ingredients for you. There is a glass measure that is very valuable, that gives the weight in measures of every article, both solid and liquid; it is more apt to be correct than scales, unless the scales are especially balanced, and not easily put out of order.

Cake should always be mixed in an earthen bowl, instead of a tin pan, and a wooden spoon should always be used. Mrs. Lincoln had a perforated wooden spoon made especially for making cake, which was invaluable, as all the pupils who had them can testify. Only the best of ingredients should be used. Marion Harland very wisely says, in speaking of cake-making, "If you can't afford good flour, dry white sugar, and the best family butter, make up your mind to go without your cake, and eat plain bread with a clear conscience." Another bit of good advice she gives to cake-makers: "There is no short road to good fortune in cake-making. There is no disgrace in not having time to mix and bake a cake; but you may well be ashamed of yourself if you are too lazy or careless or hurried to beat your eggs, cream your butter and sugar, or measure your ingredients." But, of course, as you are giving your children a treat, you will take the time to make the things nicely, and the cake should be home-made, as you know then that it is fresh, and that there is not a preponderance of soda and ammonia in place of

eggs. It is bad enough to offer confectioner's cake to older people for their well-seasoned stomachs to wrestle with; it is unpardonable to give it to children. Only the best home-made cake should be put before them.

The best general directions for making and baking cake are summed up in this. Take the greatest possible care in mixing, follow the rules of measurement implicitly, and don't allow yourself to get hurried or nervous. Whoever will do all this will be sure to have good cake, unless, indeed, she is one of those unfortunate "heavy-handed" persons who never have any luck in cake-making, no matter how conscientiously they may try. There are such persons among otherwise good cooks. We've all had them in our kitchens; and we've never dared to turn sugar, eggs, and butter over to their tender mercies. As to the baking, I cannot do better than to quote a bit from one of Mrs. Lincoln's lectures to her class, of which I was a member. "The fire should be rather low, but sufficient to last through the entire baking; the oven should be less hot than for bread. If too hot, leave the oven-door open for ten minutes before putting in the cake; then watch it, and protect it by putting a paper over it, or a pan on the grate above it. Do not attempt to make cake unless you can have entire control of the fire."

If you wish to make a good PLAIN ICING, allow a quarter of a pound of sugar to the white of each egg; the whites of four eggs and a pound of sugar will ice a good many small cakes; beat the whites of the eggs to a stiff froth, so that it will stand alone. Have ready the powdered sugar, add it gradually to the beaten white of the eggs, a spoonful at a time, and beat it very hard. If you think some additional sugar may be required to make the icing sufficiently thick, you may add it. Flavor it by beating in at the last a few drops of lemon extract, extract of vanilla, or rose, or, better still, a spoonful of

fresh lemon or orange juice. Lemon-juice will make it more adhesive, so that it will stick better. Turn the cakes bottom side up, dredge with flour, then with a clean towel wipe off the flour. Take up the icing in a spoon, heap in the centre of the cake, and with a broad-bladed knife spread it smoothly and evenly until the top and sides are covered with it to an equal thickness. Have beside you a bowl of cold water, into which dip the knife-blade occasionally, as you go on smoothing and spreading the icing. Put into a warm place to harden. To ornament it, or to put on the initials referred to, have a confectioner's tube, and press the icing through into the shapes required.

A simple frosting, and one that is easier for the amateur cook to make, is a **BOILED FROSTING**. To make this, you will use these ingredients in the following proportions: One cup of granulated sugar, one-third of a cup of boiling water, the white of one egg, and one saltspoonful of cream of tartar. Boil the sugar and water, without stirring, until the sirup taken up in a skewer will "thread" or "rope." When it is nearly at that point, beat the egg stiff, add the cream of tartar, and pour in the boiling sirup over the egg in a fine stream, beating well. When it thickens, and is perfectly smooth, pour it on the cakes. It hardens quickly, and should be put on the cake before it stiffens enough to drop.

Sponge-cake is another cake which children may be allowed to eat without fear of harmful consequences. It may be made into loaves, and cut into squares; in which case one should use the rule for the famous **BERWICK SPONGE-CAKE**, which has never been outdone. The ingredients are three eggs, yolks and whites beaten separately; one cup and a half of sugar, fine granulated, one-half a cup of water, one teaspoonful of lemon extract, two cups of pastry flour, one-half a teaspoonful of cream of tartar, one-half a teaspoonful of soda. Every thing about this

cake is divided into two-minute beatings. Why this is done nobody can tell, but it is supposed to impart a special virtue to the cake. Beat the yolks first, and then beat the whites to a stiff froth; add the sugar, lemon-juice, and water to the beaten yolks of the eggs, and beat two minutes; have the cream of tartar and the soda mixed with the flour; add this, and beat another two minutes; then add the beaten whites of the eggs, and beat again two minutes. Line the sponge-cake pan with buttered paper, pour the mixture into it, and bake slowly at first, but quickening the fire a little at the last.

LADY-FINGERS and SPONGE-DROPS help dress the table, and are nice to eat with the ice-cream, which is a matter of course at a children's party; better to have no party at all, than to omit the ice-cream. The little ones would feel defrauded if they did not have this part of their treat; it is as much a part of the party as the party itself. So, having ice-cream, the sponge-drops and lady-fingers must be made. For these, as they are all made by the same rule, take four eggs, half a cup of powdered sugar, half a saltspoonful of salt, one teaspoonful of flavoring, and three-quarters of a cup of pastry flour. Beat the yolks of the eggs until they are light and thick, add the flavoring; beat the whites of the eggs stiff and dry, and cut or fold them in lightly; then sift in the flour, and fold in carefully without any stirring. Sponge-cake should not be beaten after adding the flour. If you wish to make lady-fingers, pour the mixture into a pastry-bag, and press it through into shape, about three inches long and not quite an inch wide. For sponge-drops, you will drop the mixture on a buttered pan, sprinkle powdered sugar over them, and bake twelve to sixteen minutes in a very slow oven.

Never was a child yet who did not dearly love the cream meringues, which are so popularly called "Kisses." They are not difficult to make, and are so dainty and

sweet that they take the place of cookies. Beat the whites of three eggs stiff and flaky; add three-quarters of a cup of powdered sugar, sifting and cutting it in lightly. Drop by spoonfuls on paper placed on boards. Put into the hot closet or oven, with the door open for a little while, until it begins to harden, then brown slightly. Put two together, making an oval in shape, which will have a hard crust, and a delicately flavored, soft, creamy inside. It adds to the fun and the effect of the kisses to put mottoes between the halves when they are put together, and let the children find them.

COCOANUT CAKES are very nice too, and those made at home are nicer than those you buy. Take the grated meat of two cocoanuts, their weight in loaf sugar, one cup of flour, and the whites of two eggs, beaten stiff. Shape into balls, and bake twenty minutes. This will be enough for the children for sweets. The ice-cream may be made by any of the ways given in another chapter; the simpler it is, the better. And fruit that is in season may be added, to be eaten somewhat sparingly, unless you know just how much the mothers allow their little ones.

The chicken sandwiches are easily made by cutting the white meat of chicken into thin slices, and putting between buttered slices of bread, which are cut as thin and waferish as possible, and from which all crusts have been removed. Cut the sandwiches small, into triangles or small finger-like pieces. Make the table look pretty with flowers; and, if you live in the country, or anywhere where you can procure good, pure milk, give the children plenty of it to drink. In cooking thus for the little ones, you will run no risks of making them ill, and will give them what they like the best. Don't try to get up any fancy "grown-up" dishes for them, as they will not appreciate them, but will like much better the plainer food of which they can eat enough to satisfy their hunger.

CHAPTER XXII.

THE SERVANT QUESTION.

ANY treatise on housekeeping would be quite incomplete without a chapter on the vexed question of domestic service, — a question which is tormenting the average American housekeeper, and making her life a burden not easily to be borne. Men have been quite fond, in the not very remote past, of turning this question to ridicule, and poking all manner of fun at women for being influenced by it. But as the labor-troubles have increased, they have ceased laughing, and have come to see that it is but one phase of a question that is threatening to play the mischief with all the economics of our country, whether social, domestic, or political. I cannot argue the labor-question here: it is no place to do it. Nor will I attempt to adjudicate between labor and capital: that is for some wiser head than mine to attempt. But I do want to “speak my mind” on that part of the problem that has to do with the comforts and discomforts of housekeepers. I know it is a subject that has long since been worn threadbare, and yet every writer on housekeeping topics returns to it with a persistency that is truly admirable. I do not know that I can say any thing that will make you any the wiser. I own to having grappled with the question, in its most practical form, for nearly fifteen years. What I believe that I have found, is not from observation, or based on theory. It comes from real experience. And the older we grow, the more certain we

are, that experience, in the long run, goes for more than observation. I know that the most oracular words on this subject are spoken by those who practically know the least about it. A competitive essay on this topic, which received the prize from a large publishing-house, as being the best that was offered, was written by a young girl, a college graduate, and a good writer, who knew as much of the practical side of the subject she treated as my youngest child does of the binomial theorem. It was a delightful article, and immensely enjoyable from an intellectual standpoint, but wasn't practicable. Reading articles of this kind, written for the benefit of old housekeepers by young women who take a theoretical view of the case, reminds me always of a story I have heard a leading clergyman of Boston, the Rev. O. P. Gifford, tell about himself.

He came home to the country town where his home was, to pass the first vacation in his sophomore year. Those of you who have had experience with a young collegian know how very wise he is at this part of his career: he never knows so much afterwards. Well, during his visit, he began arguing with his father, a deacon in the church, on the very simple question of fore-ordination. His father listened to him patiently, then said, putting his hand affectionately on the boy's shoulder, "It's all very well, my son; but you must remember that I have had more experience than you have here."

"That's all right, father," was the modest sophomoric reply; "but I have had the greater opportunity for observation."

So, you see, that is the way with many of the people who are arguing this servant-question. They proceed on premises deduced by themselves from "observation." But I have noticed one thing; that is, when they in turn get put to a downright practical tussle with it, they find their theories of very little use, and soon join the other army

who are trying to make experience show them the best way of managing this uncomfortable situation of affairs.

It has always been supposed to be a purely American idiosyncrasy, this of obtruding the question of servants on all occasions ; but, on reading the English newspapers, we find that there is as much grumbling and discontent there as here. It is not a purely national difficulty, it has come to be universal. There is the same growing discontent among the servant class in England that there is here ; and girls from families who have heretofore, as a rule, taken domestic employment as a matter of course, are turning to the shops and stores for a livelihood, which, though affording them more freedom or license of behavior, is much more precarious, and far less safe and sheltered, than the other quieter and more protected life.

It is evident that there is trouble somewhere. With whom does it lie ? Who is responsible for it ? the server, or the served ? I think both are at fault, and that most of the trouble lies in the attitude of suspicion that the two classes bear to each other. It is a mirror of the whole labor-question ; an epitomized fight between the laborer and the employer, — the one looking out all the time that his "rights" are respected, and the other on the alert to ward off expected imposition ; but in this contest their affairs suffer. The trouble largely has its source in the small esteem which has of late years been given to household service. Any thing else in the way of employment has been preferred to it, and the term "kitchen-girl" has been one almost of contempt among other girls.

It seems to me that the first thing to be done, is to give the household labor its proper dignity, and make it one of respectful calling. There surely is no more important service in the world than that of making persons happy and comfortable. We have come in this age of the world to take every thing at false estimates, until we really have

lost the sense of true values. In the list of occupations and callings, that of household labor has been down at the very end, ranking as the lowest, when it should be among the highest, as it certainly is one of the most important. And this estimation of it is held alike by mistress and maid. So then, as I have just said, train popular opinion, until this branch of wage-earning is put in its proper light.

As I am supposably talking to the house-mistresses, — the employers, rather than the employed, — I want to tell them what I heard a young woman say who has been for some time at the head of the employment department in one of the large institutions in the city of Boston. She had been listening to the often repeated chorus of the trouble of servants, and she said, "Pardon me a moment, if I say that much of the trouble arises from the mistresses. You have things in your own hands, if you will only choose to take advantage of the fact. To be sure, you will, by any action you may take, suffer some present inconvenience; but what is that, if in the end you change the present state of things, and bring about a perfect understanding between housework girls and those who employ them? And this can be done without humiliation to either side."

"But how can we do it?" despairingly asked one of the wailers in the chorus.

"By showing yourselves truly the mistresses," was the reply. "A mere assertion of your own will not do it. You must show by your act and attitude that you are such, and that you do not expect the point contested."

We are all familiar with the girl who does not "allow ladies in the kitchen." The woman who submits to any thing of this kind is not the mistress in her own house: she is the slave to her servant. She should not be allowed to be at the head of a family as its house-mother. She has no business with the place. A servant who is sure

that she is doing every thing as well as she possibly can, is not afraid to have the mistress come to the kitchen. She does not resent the examination of her closets and ice-box, and she does not lose her temper when her attention is called to something that she has overlooked. The affairs of the house go on much more smoothly, and also much more economically, when the mistress knows how the machinery is moving. So I say, know all about your kitchen affairs, and note every thing, not with the watchfulness of suspicion, but the watchfulness of care. Your servant knows the difference; and, while she will naturally resent the one, she will respect the other. Make yourself the mistress, and have your servant the "help." That was what they were called in the good old-fashioned parlance, and what they were in deed, as well as in name. I often wonder what the women who bewailed the present state of things, and mourned the loss of the old-time servants, would say, could they hear the counterlament of the servants, and know how they bewail the old-time mistresses.

A friend of mine chanced once to overhear a conversation between two of those elderly women who had served many years in the capacity of cooks.

"Oh," said one, "there's no places nowadays like those we used to have. I sometimes think that all the ladies is dead, and a queer lot have come in their places."

"That's so," in response. "Why, one young critter came to me asking me to come and live with her; and the first day she came into the kitchen, and says, 'Mary, can ye make biscuit without any pith to 'em? That's the kind we like.' Well, as true as I'm a living woman, I didn't know a thing about it; but I wasn't going to let a little thing like that know I didn't, so I up and says, 'To be sure I can, 'm.' And what do ye think I did? Well, I just baked my biscuits as usual, then I split 'em in two, and

I baked 'em again, and I takes 'em in and says, 'There's your biscuits without pith, 'm.' But do you s'pose I staid in such a place where they wanted such nonsense? Biscuit without any pith, indeed! What might they want next? No, I didn't: I just packs up and was off. Oh, there's none of the old sort left! Think of a real lady wanting such things!"

How long the wailing went on, it is impossible to say; but my friend left the car at that point.

So, you see, the criticism isn't alone made by the one who hires the girls: they take a hand at it as well. Just now both are in the attitude of fault-finding, and both are possibly justified. There used to be an old proverb that ran, "Like mistress, like maid;" and I don't think it has changed much in its significance. Usually one can tell what a mistress is, both by the manner of a girl, and the way she does her work. If women could understand that they are constantly on trial, they might give more thought and care to their relation with servants.

If you would get good service, you must give a fair equivalent for it. Nothing can be entirely one-sided in this world. Not alone good living wages, that is not all; but you must take care to give something for the physical comfort of those who serve you. I have been in houses that were comfortable and even elegant, but where the room provided for the girl was destitute of every thing in the way of comfort, and was as bare as it could be. No thought had been taken for the comfort of the resting-hours. A good bed, a rocking-chair to fit the tired back, a place for washing, and conveniences for properly putting away clothing, should be given to every girl, and an effort made to give something like home-i-ness to the room which she is to occupy. It may not seem very much to do, but it will have results that are largely out of proportion to your effort.

I sometimes think that the treatment of girls in the kitchen cannot differ much from that of children. They will stand reproof firmly and kindly given, but they won't stand the perpetual "nagging" that some people consider it their right to inflict upon them; and who can blame them for that? If any thing is wrong, right it at once, but don't get into a temper over it, else there will be temper in return; and who can blame a girl for being "impertinent," when she has the example set her by one who should be superior to all vulgar exhibitions of the kind? Yes, I know all about it: there are girls who will be impertinent, no matter how kindly one may be. Well, the remedy for that is simple: send them away at once, do not tolerate even the first offence. The sensible girl will see that you are taking the position that belongs to you; and she will readily fall into line, and recognizing her position will keep to it.

My friend of the employment bureau, of whom I have already spoken, says that another great trouble, and one of the most serious ones that she has to encounter, is the lack of honesty in women about recommending help. They will, in a fit of anger, refuse to do a girl justice, and will not say the word that may be said in favor of her, simply to gratify a personal pique; or with an utter carelessness of result, out of what she calls "pure good nature," she will give an inefficient girl a recommendation which will easily get her a place; and the mistress who takes her, finding herself imposed upon, grows naturally very angry, and refuses to believe any more in "references." If women would be perfectly honest, dealing with others as they would like to be dealt by, a deal of the trouble would be done away. Somebody in a fit of spleen has said that women have no sense of justice. I don't know that that is quite true; but this I am sure of, that they allow this sense to become warped oftentimes by

small things that with man, in like circumstances, would not be allowed to weigh. Perhaps it is the dealing in trifles so constantly that makes many women so small in their relations with other women ; but, when the fault has been set before them, it is certainly their own fault if they do not strive at least to mend. If they will only be fair in their treatment, and refrain from being influenced by either spite or indolence, they will have gone a long ways in settling this very perplexing problem.

I have had for a long time a pet theory which I have advanced continually to one or two friends, and which has always been received with favor, but with an incredulity as to the possibility of carrying it out. It is simply to have housekeepers act in concert in regard to the hiring of girls, and to establish a scale of wages in proportion to the ability of the servant. This might easily be done, if all housekeepers would take enough interest in the plan to join forces, and bring it to a successful issue. But there is where the trouble is going to come, — to make them see the feasibility of it, and to act together. It is simply to do what others are doing, uniting for protection. But I honestly believe there are women who would rather go on being imposed upon, and wailing over the situation, than to act on any suggestion of this kind, for fear they would be called strong-minded, and ranked among reformers. All is, then, let them suffer ; only by their attitude other women are rendered helpless, who would like very much to help themselves and others too, if they would only consent to be helped. As it is, each one must do the best she can, individually, to make good servants and to keep them. The latter is hard, I know, when women have so little honor as to hire a servant away who is already employed. This is not infrequently done, and that, too, by women whom you would suppose would be above such meanness. A housekeeper whom I know says she has done

training new servants ; for no sooner has she gotten them just where they are useful to her, after suffering from their inability and awkwardness, being patient with their ignorance, and long-suffering with their carelessness and stupidity, some woman who has been watching their progress will tempt them away with higher wages, and promises of an easier time. Do you say that the girl ought to have higher principles, and a deeper sense of gratitude than to be tempted? Would you expect "higher principles" from the inferior, than the superior shows? It is again, as in the exhibition of temper referred to, a case of example. The girl looks always to the chance of "bettering herself," just as everybody in the world does ; but she is not wise enough to know or understand the full sense of the term, and doesn't see that her honor is implicated, and that she has a duty to one who has done so much for her. The servants do need reforming, most sadly, but am I wrong in saying that mistresses need reforming too? I know perfectly well that I have not settled this question ; but if I have given any one the subject for serious thought in this matter, if I have given a suggestion that will prove the least bit helpful, then this chapter has not been written in vain. I know that I have not borne down as heavily upon the serving-class as I might, with perfect truth and justice, but I have spared them, that I might say, what I feel ought to be said, how far I felt the fault to be on the side of the mistresses. I do not by this exonerate the others ; but as we are talking women to women, housekeepers to housekeepers, I felt that we had the other, the serving-woman, a little at a disadvantage, and that, while we recognize their faults, we would not bear down too heavily upon them, but consider a few of our own, and see how far we as housekeepers were responsible for the exciting emotions.

CHAPTER XXIII.

COOKING GAME.

THE general way of cooking game is either by roasting or broiling; and, as a general thing, these are the most satisfactory ways, since in them the flavor is best preserved; and they are simple, and more easily digested. There are other fanciful ways, but for ordinary table purposes, or for invalids or convalescents, the simplest is the best. Physicians almost always order small game birds for their patients who are recovering from severe, prostrating illnesses; but probably very few persons know that there is any deeper reason for it, than merely tempting the appetite with something delicate and unusual. But there is something beyond this. The flesh of birds, and, in a less degree, of poultry, is rich in phosphates, especially of nerve and brain, while it has less blood than the flesh of animals, and so is less stimulating, while more nourishing. This presence of the phosphates accounts for the strong odor and flavor of wild game, which is, by those unacquainted with its peculiar properties, mistaken for taint. White-fleshed game should always be thoroughly cooked until it is well done, while that with dark flesh can be served under-done. The breast of all birds is the most juicy and nutritious part.

Some of the French methods of cooking birds are very nice, and quite ornamental dishes may be made from them. These will be considered in their turn; but, in

the mean time, the simpler modes demand attention. The directions for broiling are the same for all small birds, so one rule will suffice; remembering, however, that for extremely small ones a very bright fire is needed, as the birds should only be browned. Consequently the time required for their cooking is very brief. Here, then, is the general rule for BROILING GAME BIRDS: Singe and wipe the birds, then split down the middle of the back; take out the contents of the inside, then wipe thoroughly with a damp clean towel, taking care that every thing is removed, and the birds left perfectly clean for cooking. This done, season with salt and pepper, rub thickly with soft butter, and dredge with flour. For quail or squabs, about ten minutes are required for broiling. The fire should be very bright and clear. Smaller birds require less time.

To ROAST BIRDS, draw and wash quickly, season with salt and pepper, pin a thin slice of pork on the breast; put the birds in a shallow pan, in a hot oven, and bake fifteen or twenty minutes. Serve on toast with currant jelly, and with BREAD SAUCE, which is made in the following way: Take one pint of milk, one-half cup of fine bread-crumbs, two tablespoonfuls of chopped onion, one tablespoonful of butter, one-half a teaspoonful of salt, one-half a teaspoonful of pepper, two-thirds of a cup of coarse bread-crumbs, one tablespoonful of butter. Boil the fine bread-crumbs and the onion in the milk for fifteen minutes, using a double boiler, as you always should do with any thing in which boiled milk is used. There is nothing so quick to "catch," scorch, or burn, as milk; and often the most careful watchfulness will not prevent its burning, when exposed to the direct action of the fire. It should always be boiled by steam, over hot water; and only in that way is its safety secured. We all know how one spoonful, even less, of scorched milk will spoil the

taste of any dish into which it happens to find its way. After the crumbs and onions are sufficiently boiled, add the butter, salt, and pepper. Fry the loose bread-crumbs in another tablespoonful of butter, until they have absorbed all the butter, and are brown. Pour the sauce around the birds, and sprinkle the brown crumbs over the whole. Still another rule for BREAD SAUCE is given, and either of them is very nice. You may take your choice as to which you will use. Take one pint of milk, one cup of very fine bread-crumbs, one onion sliced, a pinch of mace, pepper and salt to taste, and three tablespoonfuls of butter. Simmer the sliced onion in the milk until tender; strain the milk, and pour over the bread-crumbs, which should be ready in a small saucepan; cover, and soak half an hour; beat smooth with an egg-beater, then add the seasoning and butter, stir in well, boil up once, and serve in a sauce-tureen. If the sauce is too thick, add boiling water and more butter, until it is reduced to the desired consistency.

No game-dish is generally more popular than POTTED PIGEONS. Nearly everybody likes them, and they certainly are very rich and delicious. Their preparation involves some trouble and care, but the result certainly warrants all the labor given and time spent, especially as they are only an occasional dish in any family. Clean and wash one dozen pigeons. Stand them on their necks in a deep earthen or porcelain pot, and turn on them a pint of vinegar. Cut three large onions in twelve pieces, and place a piece on each pigeon. Cover the pot, and let it stand all night. In the morning take out the pigeons, and throw away the vinegar and onion. Fry in a deep stewpan six slices of fat salt pork; and when browned and crisp, take them up, and in the fat put six onions sliced fine. On these put the pigeons, which have been trussed, and dredge well with salt, pepper, and flour. Cover, and

cook slowly for three quarters of an hour, stirring occasionally. Then add two quarts of boiling water, and simmer gently for two hours. Mix four heaping tablespoonfuls of flour with a cupful of cold water, and stir in with the pigeons; taste to see if there is enough seasoning, and if there is not add more; cook half an hour longer; serve with a garnish of rice, or riced potatoes. More or less onion can be used; and, if your taste dictates, you may spice the gravy slightly. To make riced potatoes, you want to have ready some mashed potato hot, a hot flat dish, and also have the colander heated; with a spoon rub the mashed potato through the colander into the hot dish. Be careful that the colander does not touch the potato in the dish. It is best to only have a few spoonfuls of the potato in at one time. When all has been pressed through, place the dish in the oven for five minutes. The above is Miss Parloa's method.

Another way of **POTTING PIGEONS**, the way taught by Mrs. Lincoln at the cooking-school, is as follows: It is a more "tasty" dish; but, as some do not like the flavor of herbs, both ways of cooking have been given to satisfy individual taste, although I do not hesitate to express a personal preference for the latter method. Draw and clean the birds; break the legs just above the feet; leave enough below the joint to tie down to the tail; wash and wipe. If the pigeons are old and tough, cover them with vinegar, spiced and flavored with onion, and let them stand several hours. This makes them tender. Drain and wipe. Stuff them with cracker-crumbs, highly seasoned and moistened with butter. Dredge with salt, pepper, and flour. Fry several slices of salt pork. Cut one large onion fine, and fry it in the salt-pork fat. Put the crisp fat in the stewpan, add the fried onion, then brown the pigeons all over in the fat left in the pan. Put them in the stewpan, add boiling water or stock enough to half

cover them ; add a pinch of herbs tied in a bag. Simmer from one to three hours, or until the pigeons are tender. Remove the fat from the broth, season to taste, and thicken with butter and flour cooked together. Strain over the pigeons, and serve hot.

A very pretty dish for a company supper, or for a company luncheon, is PIGEONS IN JELLY. Draw, wash, and truss one dozen pigeons. Put them in a kettle with four pounds of the shank of veal, six cloves, twenty-five peppercorns, an onion that has been fried in one spoonful of butter, one stalk of celery, a bouquet of sweet herbs, and four and a half quarts of water. Have the veal shank broken in small pieces. As soon as the contents of the kettle come to a boil, skim carefully, and set for three hours where they will just simmer. After they have been cooking for one hour add two tablespoonfuls of salt. When the pigeons are done, take them up, being careful not to break them, and remove the strings. Draw the kettle forward where it will boil rapidly, and keep there for three-quarters of an hour ; then strain the liquor through a napkin, and taste to see if seasoned enough. The water should have boiled down to two and a half quarts. Have two moulds that will each hold six pigeons. Put a thin layer of jelly in these, and set in ice to harden. When it is hard, arrange the pigeons in them, and cover them with the jelly, which must be cold, but liquid ; place in the ice-chest for six, or, better still, for twelve hours. There should be only one layer of pigeons in the mould. When you wish to serve them, dip the mould in a basin of warm water for one minute, and turn on a cold dish. Garnish with pickled beets and parsley. A Tartare sauce can be served with this dish. Partridge, grouse, and small birds can also be prepared in this manner. Remember that the birds must be cooked tender, and the liquor so reduced that it will become jellied. To make

the TARTARE SAUCE, take one teaspoonful of mustard, one-half a saltspoonful of pepper, one teaspoonful of powdered sugar, one saltspoonful of salt, a few drops of onion-juice, the yolks of two eggs raw, one-half a cup of oil, three tablespoonfuls of vinegar, one tablespoonful of chopped olive, one tablespoonful of chopped capers, one tablespoonful of chopped cucumbers, one tablespoonful of chopped parsley. Mix in the order given, add the yolks of the eggs, and stir well; then add the oil slowly, beating all the time; then the vinegar and the chopped olives, cucumbers, capers, and parsley. This sauce will keep for several weeks.

Who doesn't remember the game-pies in the old-fashioned stories of English life? The very description of them made the mouth water. Here is the way to make a GAME PIE. It comes from the South, where it was formerly a favorite dish for Christmas. It took the place of the chicken-pie of New England, and held the same place in the Christmas festivities of the South as the chicken-pie does in the New-England Thanksgiving. Grouse and quail make a most delightful pie. Clean and wash the birds; cut the quail in halves, the grouse into four pieces; trim off bits of the inferior portions, necks, lower ribs, etc., and put them with the giblets into a saucepan with a pint and a half of water, if your pie requires six birds. While this is stewing, make a good puff-paste, and line a large pudding-dish, reserving enough for a lid at least half an inch thick. When the livers are tender, take them out, leaving the gravy to stew in the covered saucepan. Lard the breasts of the birds with tiny strips of salt pork, and mince a couple of slices of the same with the livers; chop fine a bunch of parsley, marjoram, thyme, and a small onion; make a force-meat of all these chopped ingredients, the liver, salt pork, and herbs, and a little pepper, and the juice of a lemon, and

add bread crumbs moistened with warm milk. Next to the crust, on the bottom of the dish, put a layer of cold corned, not smoked, ham, cut in very thin slices ; lay upon these the pieces of the bird, peppered and buttered, then a layer of the force-meat, and so on until you are ready for the gravy. Strain this, return to the fire, and season with pepper and a glass of wine ; heat to a boil, pour into the pie, and cover with the upper crust, cutting a slit in the middle. Ornament with leaves cut out of the pastry, arranged in a wreath about the edge, and in the middle a pastry bird, with curled strips of pastry about it. These last should be baked separately, and laid on when the pie is done, to cover the hole in the middle. If the pie is large, it will require three hours' baking ; and you should cover it with paper if it threatens to brown too fast.

Small birds, such as PLOVER or REED-BIRDS, are very nice when STEWED WITH MUSHROOMS : this is a French dish, and a delicious one. Take two dozen of the small birds, and truss them as for roasting. Put into each a button-mushroom : and, by the way, you should have a heaping pint of mushrooms ; that would be about a can. Put the birds and the remaining mushrooms into a saucepan. Season them with a little salt and pepper, and add either a quarter of a pound of fresh butter divided into four parts, and slightly rolled in flour, or a pint of rich cream. If cream is not plenty, you may use half butter and half cream, well mixed together. Cover the saucepan closely, and set it over a moderate fire to stew gently till the birds and mushrooms are done through and are very tender. Do not open the lid to stir the stew, but give the pan occasionally a hard shake. Have ready in a dish thin slices of buttered toast with the crust all cut off. When done, lay the birds on the toast, with the mushrooms all around. This is a simple way of cooking the birds,

and is very nice. The name of the dish is "BIRDS WITH MUSHROOMS."

An English dish is a MOORFOWL or GROUSE PUDDING. Not a sweet pudding, of course ; that goes without saying. Wash and skin the fowls or the grouse, and cut them up as if for carving, and season each piece slightly with pepper and salt. Have ready a sufficient quantity of paste, made in the proportion of a pound of fresh butter to two pounds of sifted pastry-flour. Roll this paste out thin, and with it line a pudding-mould, reserving sufficient paste for the lid of the pudding. Then put in the pieces of the bird, and place between each layer of the game a layer of mushrooms, or, if you prefer it, a layer of oysters cut small. Then pour in about a half a pint of water, a piece of fresh butter as large as a good-sized egg, rolled in flour. Then cover the pudding with the remaining paste, pressing it down very closely around the edge. Dip a strong, clean cloth in boiling hot water, dredge it with flour, and tie it tightly over the mould or pudding-basin. Put it in a pot of boiling water, and boil it three hours or more, according to its size. A similar pudding may be made of partridges or quail. Rabbits also are very nice cut up, and put into a crust and boiled.

There is always a desire for new and ornamental dishes for a company luncheon. A lady from the South has sent the following, which finds a very appropriate place just here. She calls the dish RICE-PIE, and it must be both delicious, and attractive to the eye. Pick clean a quart of rice, and wash it well through two or three waters. Tie it in a cloth, put it into a pot of boiling water, and boil it until perfectly soft, then drain and press it until it is as dry as possible, and mix with it two ounces of fresh butter and two tablespoonfuls of grated cheese. Take a small tin kettle, with a flat bottom and straight up-and-down sides, or a two-quart tin pail will do ;

wet the inside, put in the rice, and stand in a cool place until quite cold. Then turn it carefully out of the kettle or pan, of which it will retain the form, rub it over with the beaten yolk of an egg, and set it in the oven to brown slightly. Cut from the top of the mass of rice a lid about an inch and a half in depth; then scoop the rice out of the centre of the mould, leaving a standing crust all around, and the bottom crust about an inch and a half in depth. Fill it with stewed game, prepared after rule of "birds with mushrooms;" fill the pie with it, adding the gravy; lay on the lid, and decorate with curled parsley. Fricasseed or curried chicken or oysters may be used in place of the game; so you see your rice pie will be capable of many variations.

Another dish of French origin, which is served as a side dish at a fine dinner, is called PARTRIDGE PEARS. Cut the necks of partridges off very close to the breasts. Truss them tight and round, having first singed, drawn, and cleaned them well, and rub over them a little salt and cayenne pepper mixed. Cut off one of the legs, and leave the other on. Make a rich paste of flour, butter, and beaten yolk of egg, with as little water as possible. Roll it out thin and evenly, and put a portion of it nicely round each partridge, pressing it on closely with your hand, and forming it into the shape of a large pear. Leave the one leg sticking out at the top to resemble the stem. Set them in a pan, and bake them in a steady, moderate oven. In the mean time make in a small saucepan a rich brown gravy of the livers and other trimmings of the partridges, and some drippings of roast veal or roasted poultry. It will be better still, if you reserve one or two small partridges to cut up and stew for the sauce. Season it with salt and a little cayenne. When it has boiled long enough to be very thick and rich take it off, strain it, and put the liquid into a clean saucepan. Add the juice of a large orange

or lemon made quite sweet with powdered white sugar. Set it over the fire, and, when it comes to a boil, stir in the beaten yolks of two eggs. Let it boil two or three minutes longer, then take it off, and keep it hot till the partridges and paste are thoroughly well baked. When done, stand up the partridges in a deep dish, and serve the sauce in a separate dish. Ornament the partridge pear by sticking some orange or lemon leaves into the end that represents the stalk. This dish was taken from an old-fashioned receipt-book that was kept by a Massachusetts housekeeper early in the present century. So you see it is not a modern French dish, but it is one that was brought from Paris by the owner of the book, when she went as a visitor at the American legation. There is a little note by it, which sets it down as a "most tasty and pretty dish, and one that I mean to try myself when I shall entertain a sufficiently august company." It neglects to say whether or not she did try it, or whether she never found guests "sufficiently august" to treat to such a rare dish, which, in the compiler's opinion, was evidently fit "to set before a king." She adds also the note, that pigeons and quails may also be dressed in the same manner.

An ornamental way of serving small roast birds of any kind such as are usually eaten, is to make the dish called *BIRDS IN A GROVE*. This is one of the old-fashioned ways of serving. Having roasted the birds, mash potatoes with butter or cream. Spread this mashed potato thickly over the bottom of a serving-dish, then make a border of it, brown it quickly, then lay the roasted birds in the middle of the dish, and stick around them and among them, very thickly, sprigs of curled or double parsley. I have given here the somewhat unusual ways of serving game; and many of the rules came from private receipt-books, and will probably only be used by housekeepers who do their own "fine" cooking. One or two more will be

given from the same source. First of all, a **THATCHED HOUSE PIE**. Rub the inside of a deep dish with two ounces of fresh butter, and spread over it two ounces of vermicelli. Then line the dish with puff-paste. Have ready some small birds, prepared and cleaned, and seasoned with grated nutmeg and a very little salt and pepper. Place them with their breasts downward: the flavor will be very much improved if you put into each one a mushroom or an oyster chopped fine. Add some stock made of veal, or, if you have had roast veal within a day or two, the cold gravy left from it; then cover the pie with a lid of puff-paste. Bake it in a moderate oven, and, when done, turn it out carefully upon a flat dish, and send it to the table. The vermicelli, which was originally at the bottom, will now be at the top, covering the paste like thatch upon a roof. Trim off the edges so as to look nicely. You may, if you choose, use a larger quantity of vermicelli, or the still larger spaghetti, which makes the dish handsome. It ought to be unnecessary to say that the vermicelli or spaghetti should be boiled before using. For the last one, I will give **PIGEONS WITH HAM**. Take quite fat pigeons; clean them well, and singe them. Boil some chestnuts till quite soft, peel them, and mash them smooth. Mix with them a little fat of cold ham finely minced and pounded. Pepper the insides of the pigeons slightly, and fill with the stuffing. Cover them with very thin slices of cold ham, fat and lean together, and if it is summer, and you can get them, wrap them in fresh grapevine leaves tied around with twine. Put them on a spit, and roast them three-quarters of an hour, if you happen to have an open fire where you can do this; but if you have not, as will probably be the case, roast them the same length of time in the oven. When done, remove the strings and serve. They will be found very nice.

CHAPTER XXIV.

ICE-CREAM AND WATER-ICES.

AN English lady who has recently visited America was heard to say, as a proof of the good time that she had in this country, that, for once in her life, she had had all the ice-cream she wanted, and she should look back with perfect satisfaction on at least one phase of her visit. It really has got so that ice-cream is regarded by most families in the light rather of a necessity than a luxury. It is no longer a mysterious compound, to be put in the list of fine dishes. It is more easily prepared than almost any other dessert, and even the labor of freezing is not so arduous as was once supposed. There are so many good freezers now in the market, that are easily worked and kept in order with just a little care, that one does not need, as formerly, to have extra help to do the freezing, unless, indeed, a large quantity is to be made, and an extra large freezer employed for the purpose. The White-Mountain and the Packer freezers are the best, and those who have tried both say there is very little to choose between them. I have always used the White-Mountain freezer, and have been perfectly satisfied with it; as it has done all that has been required of it, and has never gotten out of order. Those who have used the Packer give it the same recommendation; so there seems, after all, to be but little choice, if any, between them. But if you want ice-cream some day, and haven't the freezer, you can improvise one for yourself by using a wooden pail or bucket

to hold the ice, and a tin pail for the cream. You will pack this exactly as you would the freezer, with ice and salt, and freeze it by turning it rapidly with the hand. Neither is it necessary that all the freezing should be done at once; if there are other things absorbing one's mind and attention, the freezing may be begun; then, as the cook has the chance, she may turn the freezer at intervals.

Care must be taken to pack the freezer properly, and to have the correct proportions of finely crushed ice and salt. Rock salt is the kind to use, and there should be one part of salt to two parts of ice. The ice should be finely crushed; and the best way to do it is to put it into a sack of burlap, or some other coarse stuff, and pound it with a wooden mallet. In this way there is no waste of ice, as there is likely to be if you pound it on the floor or cellar-bottom, with no protection. Pack the freezer by putting first the pounded ice, then a layer of salt, then the ice, and so on; taking care, however, that the salt does not come within three or four inches of the top of the can in which is the cream, but bringing the ice well up. The mixture for the cream should be thoroughly chilled before it is put into the freezer; when you are ready to freeze, turn the freezer somewhat moderately until the mixture begins to freeze, then turn it more rapidly. When it is well frozen, take out the beater, scrape it off, and pack the cream as solidly as possible. Put on the cover, and place a cork in the opening through which the beater was inserted; cover closely, and let it stand until you wish to serve it. If it is to stand some time, draw off the water, put in more ice, and it will keep solid and firm; but if it is to be served within an hour or two, it will keep well enough without going to the trouble of drawing off the water and repacking.

It is perhaps needless to say — it surely ought to be — that the freezer should be thoroughly washed and scalded

as soon as it is emptied. Another thing is also to be remembered: that is, that it should be left uncovered after it has dried. In fact, no cooking utensil should ever be covered when not in use; the pure fresh air assists in keeping it sweet and nice, and no confined air, even that held in a clean dish, is, or can be, sweet.

Many persons like to serve their creams in bricks or in some fanciful shape; the way to do this is to pack the mould with ice-cream, then cover closely, and bury the mould in ice and salt. In all packing, however, there is one thing to be well borne in mind, and that is, that great care must be taken to so protect the cover to the mould that none of the salt can get into the cream, and thus spoil it. In this, as in every thing else that is worth while, more depends upon the care than upon the absolute physical outlay of labor and strength.

There are ice-creams and ice-creams; or, to put it more truthfully, there are ice-creams and frozen custards, and, by way of variety, frozen corn-starch blancmanges. They all serve the purpose of ice-cream, however. To these may be added the summer-hotel ice-cream, which is a mixture of skim-milk and sugar and flavoring, guiltless of cream, eggs, or even corn-starch. I know all about it, for I have for several years been a victim to this kind of ice-cream at a hotel at one of the coast-of-Maine resorts.

The *genuine* ICE-CREAM is made from cream and sugar, to which is added any kind of flavoring that will suit the fancy. The proportion is as follows: To one quart of rich cream add one cup of sugar, and one teaspoonful of vanilla or lemon extract. The ways of varying this are infinite; you may add, when the cream is half frozen, a heaping cup of strawberries or raspberries, sliced bananas or peaches, or even apricots. When you cannot get the peaches or apricots fresh, you may use the canned ones; but the fresh fruits are always the nicest. You may have

COFFEE ICE-CREAM by adding a cup of strong, clear coffee to the cream and sugar, beating it well together ; or it will be **CHOCOLATE CREAM** if you melt two bars of vanilla chocolate with a little water, and, when it is smooth, add it to the cream. You may use these different flavorings with any basis that you like.

BELLE'S ICE-CREAM, as we call that made by the capable little body who rules our family destiny, so far as the kitchen is concerned, at present, is made as follows : One quart of clotted cream, four well-beaten eggs, a heaping cup of fine granulated sugar, and flavor or fruit as you, or we, or she pleases. The result is a velvet compound that melts in the mouth with its own lusciousness, and really does what ice-cream is not supposed to do, — helps to satisfy the cravings of hunger. I know that this does not come under the head of inexpensive creams ; but it is so nice that it repays the outlay, at least once a season, unless, indeed, outlay is spared by being the mistress of a poultry-yard and the proud proprietor of a Jersey cow.

Miss Parloa gives a rule for ice-cream, that is very good. She uses one pint of milk, one cup of sugar, two tablespoonfuls of flour, a saltspoonful of salt, two eggs, from one pint to one quart of cream, one-half a cup to one cup of sugar additional, and one tablespoonful of flavoring extract. Boil the milk in a double boiler, and mix together the sugar, flour, and salt, and the whole eggs, and beat all well together ; pour over this the boiling milk, slowly lest the eggs curdle, and when well mixed, return to the double boiler, and cook for twenty minutes, stirring it constantly, until it is quite smooth ; after that, stir quite often, but not all the time. The long cooking is required to take away any raw taste of the flour, which would make a very unpleasant flavor. When well done, it is smooth and nice. This will be made as a basis for **FROZEN PUDDING** ; but there must be added to it a wine-

glass of brandy or wine — unless this flavor is objected to, when vanilla extract will be found to answer the purpose very well — and two tablespoonfuls of gelatine soaked and dissolved in the milk. Use French fruits, cutting them in small pieces ; a pound will be needed for this rule ; add them when the cream is half frozen. Cherries, pineapple, quinces, and plums are the best assorted fruits to use. Some persons prefer chopped raisins, English walnuts, and currants, to the French fruits. It is a matter of taste ; and the housekeeper is allowed to follow her own fancy in the selection of fruits for her pudding, as well as in the choice of flavors for her cream.

Sherbets are made with water, sugar, and fruit-juice. They are preferred by many to ice-cream, as being colder and more icy. Whether they are better or not, there is one thing to be said, and that is, that they give a variety to dessert, and come in very nicely when one has tired of creams. They are frozen the same as cream. **LEMON SHERBET.** — Use the juice of six lemons, one pint of sugar, one tablespoonful of gelatine, the whites of three eggs, and one quart of water. Soak the gelatine in cold water enough to cover it, for about fifteen minutes. Add the boiling water, and dissolve it ; when it is dissolved, add the sugar, and the juice of the lemons. Strain when the sugar is dissolved, set aside to cool, and, just before freezing, add the whites of the eggs beaten to a stiff froth. This will give you sherbet entirely unlike the watery, snowy affair you usually find for water ice ; but it will be like spun glass, so white and delicate and velvety is it. **PINEAPPLE SHERBET** is made by using a pint of freshly grated pineapple in place of the lemon-juice. In making **ORANGE SHERBET**, use a pint of orange-juice in place of the lemon-juice, otherwise making it like the lemon sherbet.

I want to add just here, something that should by rights

have been among the "Delicate Desserts," but which was overlooked. It is a dessert which we are all very fond of having. I have called it BELLE'S CHARLOTTE RUSSE, as it originated with the maker, and has been made by no one, as far as I know, except those to whom she has given the receipt. Bake a dozen or more small sponge-cakes in the Charlotte Russe tins; when cool, scoop out the middle for the cream, leaving a wall of rich brown crust. Take one pint of clotted cream, sweeten and flavor to the taste, shake in a bottle until it is smooth but not whey, then fill the cake moulds with it. The cream should be about the consistency of the usual Charlotte Russe filling that is made with gelatine. It is simply delicious.

FROZEN FRUITS are prepared by mixing the fruit, cut into small pieces, with an equal amount of cold water, and sugar to the taste. Freeze as you would ice-cream; when half frozen add a pint of whipped cream to every quart of fruit and water. You may use strawberries, cherries, raspberries, pineapple, peaches, or apricots. They will all be found very nice.

CHAPTER XXV.

CAMP COOKING.

EVERY summer, at about such a time, the average young man, on pleasure bent, likes nothing so much as to leave civilization behind him, and, seeking the mountains or seaside, set up housekeeping with a half-dozen other fellows, in a truly primitive fashion, coming back to first principles, and making believe enjoy himself hugely, as he takes the position of chief cook to this newly arranged family, each one as hungry as himself. Amateur masculine cookery is not always the most successful in the world; but every one who has tried it knows that nothing ever tastes so good as the homeliest fare, when one has gained a good, honest appetite by out-of-door life. A walk among the hills, a yachting or fishing excursion, a hunting expedition, or a regular camping-out party all bring to the participants in such pleasures a hunger that gives a sauce to the plainest feast, and that overcomes even the most whimsical and fastidious appetite. Nothing shocks the taste, and there is something quite delicious in the way people rise superior to digestion under such circumstances.

It must be remembered, that, to make the camping-out party a perfect success, every one must be good-natured, and free from fault-finding; and must not object to going back to first principles, and using the most primitive of implements, those which Nature herself furnishes. If a stove is a necessity, you may build a hollow of square

stones, and cover with a large flat stone ; in this you may build your fire. A fire of sticks, over which is swung the inevitable gypsy kettle, will do wonders for you ; in its way it is as good as a range, for by it you can broil, boil, and bake all at once, and where is the stove that can do better ? The secret of all success in this, as in other matters, consists in knowing just how to do the various things.

Of course, the first thing is to select the camping-ground ; and it is well, if possible, to get a locality near a growth of birches. Usually, these trees grow near water and among pines and hemlocks, so in getting the birches one needn't give up the other adjuncts to a perfectly successful camp. The uses to which the birches may be put are manifold. The saplings make perfectly satisfactory toasters ; the crotched sticks are capital cooking forks. The bark is the best of fuel, giving a quick, hot fire. You may make your whole dinner-service of it, plates, platters, all, and then use it for fuel afterwards, while the next meal sees the table laid with a fresh service. It can be fashioned into the daintiest drinking-cups, out of which the water tastes more delicious than it does when taken from any thing else. If you have forgotten your box of stationery, or have used it up, you may split the bark into thin leaves, and write letters, romances, or poetry on it, to your heart's content.

Had you any idea before of the utility of birch trees ? You see, there are conveniences in being near them that you probably had not considered before. Of course it is the aim of every camping-out party to burden themselves as slightly as possible, but there are things that we must not forget. You may be able to get on without a saucepan ; but you must have a kettle to hang over your fire, gypsy fashion, and a tin dish holding a quart or three pints, and a tin cup. You must, unless you are to be near a village

where you can get the things as you go into camp, take some flour, meal, salt, pepper, salt pork, crackers, and a small box of Royal baking powder. Usually, milk, eggs, and butter may be obtained from farmhouses in the vicinity of the camp; but if milk is not easily obtained, there is the condensed milk, which is a good substitute, being, as a rule, decidedly preferable to city milk, and which is always used for coffee by many persons, even when the original is at hand. If butter is not obtainable, the best way to carry it to camp with you is to cut the top crust from a loaf of bread, remove all the soft portion from the loaf, pack the cavity thus made very closely with butter, and cover with the crust, wrapping in a clean cloth and tying it to hold the cover in place. To keep the butter cool and hard while in camp, put it in a tin pail, closely covered, and set the pail in the brook or spring, tying it to a sapling on the bank, to keep it from floating away or from overturning.

The delight of the heart of the camper-out is a HOE CAKE, a genuine old-fashioned affair, such as has been made by the old hunters for goodness knows how many years. It is easily made, and that is fortunate; for, after studying the desires and appetites of the denizens of camps, one who understands the situation says there is very likely to be a call for the hoe-cake not less than three times a day. When the pangs of hunger assail the party, the united first thought is of hoe-cake, and there is an instant clamor for its production. Here are the directions for the genuine article: Pour boiling water over one cup of Indian meal until the meal is well scalded, and the batter thin enough to spread easily; add one-half a teaspoonful of salt; spread the mixture by tablespoonfuls on a hot frying-pan or griddle, which has been well greased by a salt-pork rind, and fry until it is brown; but take care not to get even a smell of scorch upon it, lest

your sweet become bitter. When browned upon one side, turn, and brown the other. But better than a frying-pan or griddle, which smack too much of the civilization from which you have run away, is a floured board upon which the batter is spread; the board is then slanted in front of the open fire, and the hoe-cake is cooked in its original fashion, and has a flavor that is utterly unknown to the other methods of cooking. If the board, such as you need, is not forthcoming, the cake may be baked on a smooth flat stone, which has been previously heated and sprinkled with flour. If you particularly like the crisp crust, or if you are "so hungry that you can't wait" for the cake to be cooked through, as soon as they are browned on one side turn them, and with a broad-bladed knife slip off the thin crust.

When another crust has formed on the bottom, turn and cut off the crust again, and serve these thin crusts as you would griddle-cakes. They are sweet and crisp beyond telling, and meal cooked this way is far better than when mixed with eggs and other ingredients.

Another palatable and easily made bread for camp purposes is **SHORT CAKE**. It takes little time; and skill is not so much a necessity, as the veriest amateur will have good success if he will only follow directions implicitly. Take one quart of flour, three heaping teaspoonfuls of baking-powder, and half a teaspoonful of salt; mix these well together, and then rub in two tablespoonfuls of lard or butter; mix with cold water into a dough soft enough to roll easily. Roll half an inch thick, and cut into rounds, and bake slowly on a griddle or frying-pan. You probably may not have a bread-board and rolling-pin with you; it would be remarkable if you did; but you may rise superior to the lack of them, and let no such small difficulties stand in your way. Lay a napkin or a clean smooth piece of brown paper on a board or a flat box, or,

if you are in a boat, on the seat of the boat; and here is your moulding-board. For a rolling-pin you may use a round stick with smooth bark, a tin can such as the canned fruits come in, or a bottle; the top of the baking-powder box makes a capital cake-cutter, or you may cut the dough into squares with a well-floured knife. Of course you must understand that the board is to be well floured to prevent the dough from sticking; also, the top of the dough, so that the roller will not stick. These cakes can be baked on the hot stone or the board, prepared as for the hoe-cake.

Eggs in various fashions form a part of the regular bill-of-fare for campers-out; and after you tire of eating them boiled or scrambled, you may try roast eggs, preparing them in the following fashion: Prick the shells of the eggs several times at the pointed ends, to prevent them from bursting. Place them on the large end in the hot sand or ashes under the fire, and cover them with leaves, hot sand, and embers, and cook for ten minutes. When open they will have a velvety smoothness that is quite unknown to those who have not eaten eggs prepared in this fashion.

The easiest way to cook chickens and quail, you will find a way not at all to be despised. In Idaho, the hunters and prospectors speak of SMOTHERED QUAIL as being very delicious, and they prepare it in the following manner: Before dressing them, cover them all over with hot ashes. Let them remain in the ashes fifteen minutes, then remove them, and you can strip off the feathers and skin together. Split them open, and the entrails will drop out, and your bird, thoroughly cooked, will be ready to eat, after seasoning with salt, pepper, and butter. It requires a little more care to prepare the chicken for baking in ashes. Remove the entrails and the crop, but not the feathers. Wet those to make them lie smoothly, and cover them with a paste of flour and water. Make a fire

in a hollow of sand. When this is well burned out, put the chicken upon the embers, and cover with hot ashes. Bake an hour. Strip off the dough, and with it will come the feathers and skin. Serve with salt, pepper, and butter, and you have a dish fit for a king, or for the jolliest set of campers-out in republican America.

If your party resolves itself into a hunting expedition, and you are fortunate enough to secure a sufficient number of small birds for a meal, you might cook them in the following fashion : Clean them well, and remove the heads, tips of wings, and legs, to make them as small as possible. Cut large raw potatoes in halves, lengthwise, using either Irish or sweet potatoes, as is the most convenient. Scoop out a hollow in each halved potato to fit the bird ; rub each bird with soft butter, and sprinkle slightly with salt and pepper. Place a bird in each potato, fit the halves together, and tie them. Wrap them in well-buttered papers, and bake in hot ashes for three-quarters of an hour, or longer if the potatoes are very large.

Your game will need some vegetable accompaniments and potatoes as a matter of course. Onions are at once a palatable and healthful vegetable, and many more people like them than are quite ready to admit the fact. In seeking the camping-ground, you have left the city, with its fastidious nose, far behind you ; and being free from conventionalities, and social obligations, you may take pleasure in gratifying your appetite as you will, and you will find a genuine pleasure in eating ROASTED ONIONS that nothing else can give. They are a sort of forbidden fruit, you know ; and there is a feeling of defiance to the world at large, that gives an additional flavor to them, and lends a new relish. Both potatoes and onions are cooked in the same way. Roll each one separately in wet brown paper, cover them with hot ashes and embers, and roast for three-quarters of an hour.

It requires a wild flight of the imagination to suppose any thing left after a hungry party of campers-out had attacked it, but occasionally the appetite will give out before the food does. When this does occur, and you have any bits of meat, fowl, or game left, they may be served for breakfast or supper by preparing them in this manner. Put one-half a can of tomatoes in a pan over the fire, — that is, if the tomatoes are obtainable, and it would be a good thing to add half a dozen cans to your camping-stores, unless you are to be near a base of supplies, — cut in small pieces any remnants you may have, and add to the tomatoes when they are sufficiently cooked. Heat the pieces well, season with salt, pepper, and butter, and serve at once. Eaten with hot short-cake, this is delicious. While we are dealing with tomatoes, you might as well learn how to POACH EGGS IN TOMATOES, and thus add a new dish to your camp bill-of-fare. It gives you a new way of using both your eggs and your tomatoes. Stew slowly six ripe, fresh tomatoes, or one half-can of tomato, with one small onion, cut fine, for ten or fifteen minutes. Season highly with salt and pepper.

Break six eggs in a bowl, without beating; and when every thing else is ready to serve, slip them into the hot tomato. Lift the white carefully with a fork, as it cooks, until it is all firm; then prick each yolk, and let them mix with the tomato and cooked whites of eggs. It should be quite soft, and be a mixture of red tomato, white and yellow egg. Serve at once, on toast, if you have it; if not, with freshly baked hoe-cake.

What would any well-regulated camp do without its BAKED BEANS? No true New-Englander ever tried to get along without them, either at home or away. How else would he know that Saturday night had come, and that Sunday was dawning upon him, a day of rest, if he wasn't

warned by his baked beans? They are the most reliable of calendars. Nowhere is this dish so perfectly delicious as it is in camp. A party of gentlemen visiting a Maine lumber-camp in the middle of last winter were invited to dine with the lumbermen. The dinner consisted of baked beans and brown bread. "There never was any thing like it," said one of the gentlemen in discussing it. "I never put any thing into my mouth so delicious as those beans. I've eaten swell dinners at Parker's and Young's, but none of them ever came up to that dinner of baked beans, eaten in company with twenty lumbermen, served on a rough table, without a cloth, from pewter plates, and eaten with a somewhat rusty steel knife and fork." Probably the twenty-mile sleigh-ride, with the thermometer at fifteen degrees below zero, had something to do with the flavor of that dinner. Does it make you hungry to read about it? Well, then, go ahead, and bake your own beans to treat the chance visitor at your own camp. Dig a hole or oven in the sand, in which keep a hot fire burning for two hours. Prepare the beans by the rule given in a preceding chapter. Then cover with a tight tin cover, or, if you do not happen to have one that will fit your bean-pot, you may use a piece of bread-dough. Put the pot of beans into the hole where the fire has been burning, cover with hot ashes and sand, and bake all night. When you get up in the morning, you will find your breakfast all ready for you. You can bake a hoe-cake to take the place of the usual brown bread, and you will have a breakfast the memory of which will make you happy for the rest of your days.

Mrs. Lincoln, the Boston women's apostle of good cooking, was "raised," as they say, in the country, by the seashore; and she has an enthusiasm for clams.

The rule for the old-fashioned RHODE-ISLAND CLAM-BAKE has been in her family for goodness knows how

many generations; and when she was asked to give it to the readers of the "Herald," she not only consented, but broke out into poetry in the following fashion: —

"First catch your clams; along the edges
Of saline coves you'll find the precious wedges,
With backs up, basking in the sandy bottom;
Put in your iron rake, and lo! you've got 'em."

She presupposed a camping-party of ladies and gentlemen, intent on a clam-bake; and said to me, in talking about the preparation necessary, "Those who have never known the fun of digging clams themselves should read Mrs. Warner's account of it in 'Nobody.'"

What, you say, ladies dig clams? Yes, if dressed appropriately. A thick wool dress — flannel is the best — with a short skirt, rubber boots (or better still, with bare feet), a small garden trowel, a fork, and a basket, and you are ready. You will never know what an appetite and genuine love for clams one can develop, until you have learned by digging clams yourself. Meanwhile let those who are not digging, gather a large pile of driftwood and seaweed, always to be found along the shore, and a dozen or more large round stones. Make a level floor of these stones, something like a city pavement; pile the driftwood on them, and make a good brisk fire. The stones should be well heated. Keep the fire a longer time if it is windy, as it will take a longer time to heat the stones. When they are hot enough to crackle as you sprinkle them with water, brush off the embers, letting them fall between and around the stones. Put a thin layer of seaweed on the hot stones to keep the lower clams from burning. Rinse the clams in salt water, by plunging the basket in the briny pools near by. Pour them on the seaweed, heaping them high in the centre; then cover with a thick layer of seaweed, any old canvas,

carpet, blanket, or dry leaves, to keep in the steam. The time for baking will depend upon the size and quality of the clams. You can judge of their progress by peeping in occasionally after half an hour, and trying those on the edge of the heap.

When the shells have opened, the clams are done. Melted butter, pepper, and vinegar should be ready, then all "fall to."

The old proverb should constantly be borne in mind when eating clams, "Fingers were made before forks." Fingers must be used. A Rhode-Islander would laugh at any one trying to use a knife and fork over a dinner of this kind, and three-buttoned kid gloves have little affinity for clam-shells. Pull off the thin skin, or shirt as some call it; then take them by the black end, dip them in the prepared butter, and bite off close to the end. If you swallow them whole, they will not hurt you. It is simply wonderful what an enormous amount of clams, judging by the pile of shells, some people can stow away. Bluefish, dressed and stuffed as for baking, and wrapped in wet brown paper or a clean cloth, is delicious baked with the clams. Lobsters, sweet-potatoes in their skins, ears of sweet-corn in their husks, crabs, all are perfectly delicious in this clam-steam. Only those who have tried it know the sweetness of clam-liquor sipped from the shell. Now, if you have provided crackers or brown bread, and have been fortunate enough to find or steal a watermelon from a neighboring patch, you have a feast that is complete. Then Mrs. Lincoln slipped again into poetry.

"Fruit of the wave! Oh, dainty and delicious!
Food for the gods! Ambrosia Apicius,
Worthy to thrill the soul of sea-born Venus,
Or titillate the palate of Silenus!"

CHAPTER XXVI.

CAMP COOKING CONTINUED.

NEXT to a clam-bake, CLAM CHOWDER demands the attention of the camper-out on the beach. To make the chowder, you will want the following ingredients. One-half a peck of clams in the shell ; one quart of potatoes thinly sliced ; a two-inch cube of fat salt pork ; two onions ; one teaspoonful of salt ; one-half a teaspoonful of white pepper ; one large tablespoonful of butter ; one quart of milk ; two eggs ; eight or ten butter crackers. Clams in the shell are always better for chowder, as, in opening them yourself, you save all the liquor. Wash your clams well to get all the sand from the shells. Open them by steaming. Put them in a large kettle with half a cup of water, just enough to keep those on the bottom of the kettle from burning, and set them over the fire. When the clams have opened, take them out with a skimmer ; and when they are cool enough to handle, take the clams from the shell, remove the thin skin, cut off all the hard black end, and cut the leather strap, as the connecting membrane is called, into small pieces, leaving the soft part whole. Use an old pair of scissors to cut them. Let the clam-liquor settle, and pour it off carefully. Use half water and half clam-liquor for the chowder. Cut the pork into very small pieces, and fry, removing the scraps, then fry the onions which have been thinly sliced, in the hot fat ; add the clam-liquor and water, and when this is boiling put in the potatoes, which shall have been peeled,

sliced, and soaked in cold water. When the potatoes are tender, add the seasoning, then the clams. When the clams are hot — boiling would harden them, so they must only heat — put in the hot milk and crackers, and just before serving, after the kettle is taken from the fire, add the eggs, which have been well beaten.

Whatever else you may forget in selecting your camp stores, don't forget a good supply of crackers, cheese, and chocolate. Crackers are easily carried, always ready, and enter largely into the composition of a good many dishes. They are a necessity for chowder. Butter crackers are good for nearly every purpose; but from the endless variety now made, every taste may be suited. Cheese contains all the elements of food but starch, and that the crackers supply; so, if you have crackers and cheese in plenty, you will not starve, no matter what else you lack. Except for those who have some weakness or idiosyncrasy of the digestive organs, cheese is nourishing and healthful. A little of it will satisfy the cravings of hunger, and give force and strength sufficient for hard work or protracted fasting. Chocolate also has wonderful sustaining power, and a cake of sweetened chocolate is a good travelling companion.

One of the favorite modes of treating fish, especially the salt-water fish, cod and haddock, is to make it into a FISH CHOWDER, as that is easily done, and is a palatable dish to most persons. To make a successful chowder, clean thoroughly and skin the fish; as the average weight is about five pounds, the proportions given are for a fish of that size. Remove the bone, and cut into small pieces. Pare and slice one quart of potatoes, and put them to soak in cold water. Fry four slices of fat salt pork, cut into fine squares, in the bottom of the kettle in which the chowder is to be made. They must be slowly fried until the fat is all out of the pork, and

it is crisp and brown; but great care must be taken not to let it burn, as all the work will have to be done over again, since the chowder would be spoiled by the scorched taste which would communicate itself to the entire dish. Skim out the pieces of crisp pork, and put into the hot fat two onions sliced, and the potatoes; cover with boiling water, and cook ten minutes; add one tablespoonful of salt, one-half a teaspoonful of pepper, and a tablespoonful of butter. After seasoning it in this manner, put in the fish, and cook for eight minutes. Add one quart of hot milk, and one heaping tablespoonful of flour wet in cold water; if you happen to have a small saucepan with you, which you can set over the fire, you may cook the flour and butter together by melting the butter, and when it is bubbling, stirring in the flour until it is perfectly smooth before adding it to the chowder. Or, if you prefer, you may omit the flour altogether, and add two eggs, which should be well beaten, and added to the chowder after it has been taken from the fire. This makes the dish more delicate than when it is thickened with flour, although a hungry party would not disdain it whichever way it was cooked. Toast a dozen crackers before the fire, and serve with the chowder. At home or in camp, this chowder or the clam-chowder is a great success. **TO BROIL SMALL FISH** which you catch either in fresh or salt water, clean them, and fasten them by the head to a slender, flexible birch branch. Stick the other end of the branch into the ground at an angle that will allow the fish to hang just in front of the fire, where it can get the most heat. Put a piece of pork on the head, so that the pork-fat will run down and baste the fish. Turn and watch it carefully that it may be cooked evenly. Serve and eat at once.

BEEFSTEAK and **MUTTON-CHOPS** may be cooked the

same way; and they will be so juicy and nice that you will never miss the gridiron. Of course the blaze must be clear, and the meat must be at a distance to get the most intense heat without any smoke. You must be watchful, remembering that eternal vigilance is the price of something else beside liberty. If you have a shad or a bluefish that you wish to cook quickly, and in a less time than it would take to bake it, you may plank it. The way to serve **PLANKED FISH** is one of the easiest in the entire list of camping-out dishes. Clean the fish, take off the head, and split it the entire length. Nail it to a smooth piece of board; set it in front of a hot fire, and broil until the fish is browned and is cooked through. Remove it from the board, spread it with butter, salt, and a little cayenne-pepper, and serve.

If you are short of platters, you may serve it on the plank on which it was cooked. It will not hurt the flavor of it at all.

Now for **STEAMED FISH**. Use for this the small scaleless fish. Clean them, but do not remove their heads. Season them well with salt and pepper, and wrap each one closely in thin brown paper that is well buttered. Then fold each fish again in several thicknesses of coarse straw paper. Soak them in cold water until the paper is thoroughly wet, then place them in a bed of hot ashes, and allow them to cook about fifteen minutes. Draw them from the ashes by inserting a long forked birch stick under them. When unrolled upon a hot, flat stone, and spread with butter, they will be found clean, sweet, and delicious. It is needless to say that in order to have them at their best, they must be eaten at once.

In a hunting expedition, there is little opportunity to carry many articles from civilization, since the camp is likely to be changed often. If the party can have a permanent headquarters, and return to it every night, after a

day's tramp over hills and through forests, so much the better: then the general appurtenances may not differ very much from that of an ordinary seaside camp. People who have reduced camping-out to a science say that it is really wonderful how little can be made to do in the way of utensils, and how compactly this may be carried when one has the secret of storing the things away. There was, not many years since, an association of young gentlemen who went camping every year. They selected a place where the one solitary box or chest, which contained all the camping outfit, could be sent by boat or stage, thus giving them no bother whatever. This box, which was a wonder in its way, or at least wonders were done with it by those who packed it, contained the tent which was to be the shelter, the cooking-utensils, the tin cups and plates, knives and forks, and (O shades of all dwellers in tents!) an oil-stove.

Here was civilization in dead earnest. Only those who participated could tell the wonderful culinary compounds that were prepared with the aid of this new servant of the camp; nothing very tangible has ever been revealed, but there is an enthusiasm aroused whenever this camp is referred to, that shows how delicious a memory it is to the participants. But everybody can't carry an oil-stove, so the more primitive modes must still be adhered to by the large number of campers-out.

Just here I wish to acknowledge the value of the "ideal coffee," given me a few weeks since by a correspondent, as a supplementary suggestion to those persons who should be called upon to make coffee in camp. This method is in constant use in the writer's family; and it gives delicious coffee, with less time and labor, and more absolute surety of success. May this suggestion be added to the one given? In place of taking the regulation coffee-pot, carry a coffee biggin, which has all the necessary strainers,

takes no more room than a coffee-pot, and does away with the bother of the strainer-cloths, which are always, in such a case, more or less of a nuisance.

These biggins can be got in different sizes ; and the coffee can be made as soon as the water boils, without any further cooking or bother of "settling." It certainly is "ideal" coffee, and an ideal way of making it ; so the family name for "percolated" coffee has become the "ideal coffee." Campers-out are strongly advised to let boiled coffee alone, and take the ideal coffee, with its less troublesome way of making.

Some one who has been reading "Uncle Remus" asks for a rule for making ASH CAKES ; and as these come well within the limits of the camp cuisine, the directions may as well be given here. The ingredients are meal, cold water, and salt, in the following proportions : One quart of meal, one teacupful of cold water, one teaspoonful of salt. The white Southern meal is the best if you can get it ; if not, take the fine granulated yellow meal. Sift it before you go into camp, and then it is always ready to use at once, and you will not have to stop for any trifles. Mix together the meal, water, and salt, and shape with the hand into long oval cakes ; have a good fire, and a clean place just before it ; place the cakes on the clean spot, and, when the tops of the cakes are slightly dried, draw the hot ashes over them, and cover them completely, and let them remain there until they are well done. Try one of them after they have remained fifteen minutes in the ashes, and if they are dry and firm they are done ; if not, let them remain a little longer. When drawn from the fire, the ashes are brushed off, the cakes are quickly washed and dried off, and they are ready to eat. These are the genuine old-fashioned ash-cakes, or corn "pones" as they are called in certain portions of the South. They are as sweet and as toothsome as you please ; and if you

can get a glass of buttermilk to drink as you eat your pone, you have a feast indeed. If your camp chances to be in the vicinity of a farm-house, watch for churning day, and accommodate your pones to the chances of the buttermilk, which you will get if you have made good friends with the farmer's wife. You will not scorn the pones, however, even without the buttermilk accompaniments; and it is a good way to vary the hoe-cake and shortcake, so that you may have a variety of breads in your out-of-door housekeeping.

If you have a frying-pan or griddle, you may still have another variation in your breads by making some **DROP** or **BATTER CAKES**, which are really delicious, and should be eaten straight off the griddle. Take one pint of Indian meal, half a pint of flour, two eggs, and a pinch of salt; beat up the eggs quite thoroughly, stir in the salt, then the meal and flour, and add sweet milk to make a thin batter. Thick batter-cakes are not nice: they are apt to be hard and tough. When the batter is thin enough, drop by spoonfuls into round shapes on the griddle or pan. When one side is brown, turn the cakes over and cook the other side; butter while hot, and eat at once.

The most common game that the amateur hunter finds are squirrels and rabbits, and these make very palatable dishes. The most approved way of cooking squirrels is to make them into a **BRUNSWICK STEW**, which is a Virginia dish, and one that is a great favorite in the State in which it originated. It is known there as "the huntsman's dish," and is a natural consequence of the hunting season, when squirrels throng and fatten in the cornfields, and while vegetables are still plentiful. You will want, for a stew for five or six persons, two good-sized or three small squirrels, one quart of tomatoes peeled and sliced, one pint of butter or Lima beans, six potatoes parboiled and sliced, six ears of green corn cut from the cob, one-

half pound of butter, one-half a pound of fat salt pork, one teaspoonful of black pepper, one-half a teaspoonful of cayenne, one gallon of water, one teaspoonful of salt, two tablespoonfuls of white sugar, one onion minced small. Cut the squirrels into joints, and lay in cold salt water to draw out the blood; put on the gallon of water, with the salt in it, and let it boil for five minutes; put in the onion, beans, corn, pork which has been cut into fine strips, potatoes, pepper, and the squirrels; cover closely, and stew two hours and a half very slowly, turning the mass frequently from the bottom to prevent its burning. Then add the tomatoes and sugar, and stew an hour longer. Ten minutes before it is to be taken from the fire, add the butter, cut into bits the size of a walnut, and rolled in flour; give a final boil, taste to see that it is seasoned to your liking, and serve at once.

SQUIRRELS may also be quickly cooked by broiling, and those who like the taste of the meat find it delicious when prepared in this way. Skin, clean, and soak to draw out the blood; wipe them dry, tie a bit of salt pork over the head, and broil them before the open fire, as you would birds, by fastening a birch sapling as near the fire as it will go without burning. When done, lay in a hot dish, and anoint with melted butter, and season with pepper and salt.

RABBITS are plentiful and easily caught, and they make a good dinner for hungry campers. They are only good to eat in the late summer and autumn, being both unpalatable and unwholesome at other seasons. The easiest and simplest way to cook them is to stew them. Skin and clean them, then disjoint them, and stew them in water enough to cover them until they are tender; thicken the liquor with flour wet in cold water, and season with salt and curry-powder. Marion Harland emphasizes the deliciousness of BARBECUED RABBITS, and gives a way for

preparing it. She says the odor from the cooking rabbit is tempting and appetizing, and the taste is not one whit behind. You will skin, clean, and wash the rabbit (which must be plump and young to be palatable), and having opened it all the way on the under side, lay it flat, with a small plate or saucer to keep it down, in salted cold water for half an hour; wipe dry, and broil whole, with the exception of the head. When you have gashed across the backbone in eight or ten places, the heat may penetrate this, the thickest part. The fire should be hot and clear, and the rabbit turned often, so that all parts may be exposed equally to the heat. If you broil it, as you do the squirrel, tie the bit of pork on the top to baste, and add to the flavor. When it is brown and tender, lay in a hot dish, and rub with soft butter, and sprinkle well with pepper and salt, turning the rabbit over and over to soak up the melted butter; cover with another dish, and set before the fire, where it can have the full heat for five minutes. In the mean time, heat in a tin cup two tablespoonfuls of vinegar, seasoned with one of made mustard. Anoint the hot rabbit with this, and serve while hot. In hunting in the right localities, you may possibly bag an opossum; if you do, you will want to know how to cook it. The flesh of the opossum is said, by those who have eaten it, to be sweet and luscious, and to resemble very closely the flesh of a stuffed pig in flavor. Skin and draw the opossum, cut off the legs and part of the tail. Wash thoroughly, and wipe dry. Stuff the head and body as you would a turkey, and roast three hours before a brisk fire.

If you are lucky enough while in camp to have an encounter with a bear, and come off "first best" in the struggle, some thick slices of meat, cut from the juiciest portions of your adversary's body, seasoned with sage, salt, and pepper, and broiled, will be eaten with a relish

unknown outside of the woods. This hint is given merely to meet a very remote contingency.

Wild ducks, which are often killed by hunters, are apt to have a fishy flavor that renders them unpleasant; but this may be removed by parboiling them, after they are drawn and cleaned, in water with an onion in it. This removes the strong taste, and gives a pleasanter flavor. After parboiling them, throw away the onion, and lay the ducks in cold water for half an hour, then stuff them with a dressing of salt pork and crackers, seasoned well with pepper and sage and chopped onion, and roast them in the ashes. They should be brown and tender when well done.

With these rules to follow, there is no danger that the camper-out will starve, or will have to complain that the cooking is not done. I give these, with my compliments, to the gentlemen; assuring them, that, though they have been the last in consideration, they are by no means the least.

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